

Ged Duvall, RYT-200



Ged was introduced to the world of Yoga through his wife, Danielle, in 2016 when she became a certified instructor. He began the practice initially to support her and figured he would also grow strong physically in the process. What he did not expect was to experience immense growth in other areas of his life as well. Witnessing his wife's transformation during and after her training inspired Ged to dive deeper, and eventually pursue his own certification as a yoga instructor bringing to life his passion and desire to lead others on this healing Journey into Power.

Ged obtained his RYT-200 certification from Baptiste Power Yoga Nashville following retirement from 28 years as an Educator in public schools. He is excited to bring the world of Baptiste Power Yoga to Yoga in Common.

What should you expect from Ged's classes? Expect to be challenged. Expect to be held accountable. Expect to grow. Expect to find new levels of strength and perseverance within yourself that you never knew existed. Expect to find your Power and to learn how to hold it. Ged brings to all of his classes a beautiful energy of both inspiration and encouragement recognizing that each student comes to practice with different body types, experiences, and backgrounds. No matter where a student is when he or she begins, the Journey into Power is a personal one in which all who embrace it can and will leave stronger than when they walked in.

Be a Yes!