

Andrea Kind

I have been practicing yoga for almost 4 years...having stumbled into my first professional, as opposed to video, yoga class taught by Shari Simon. Little did she know that learning from her ignited my love and pursuit of yoga as an undeniable part of my life. Since that day, I began to immerse myself deeply in the practice of Ashtanga Yoga and embrace the beauty of the positive changes taking place within me.

I studied under Shari and then completed the Ashtanga Teacher Training program under David Swenson. I have also had the pleasure of studying under Annemeike Hermens and translating her teachings into children's classes.

How I have chosen to incorporate yoga into my daily life canvas is still, and I hope always will be, a work in progress as is my daily physical and spiritual practice. I teach with a passion and desire that comes from deep within. Currently, I teach at Sun Dog Yoga, The Bucks Club, and sub at The Solebury Club.