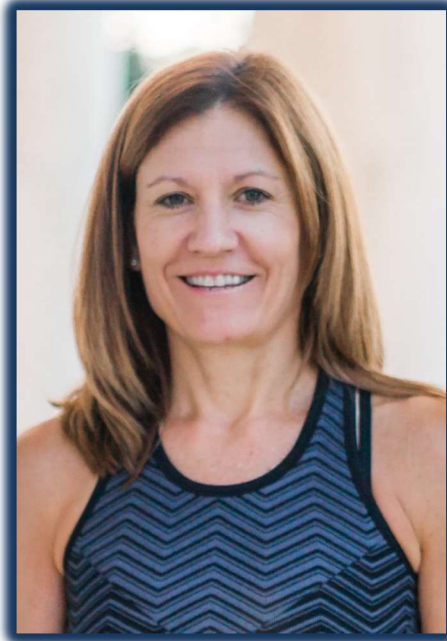


# Kris Carpenter

## **RYT 200**



In 2017, Kris completed the HAYC teacher training program. She has 10 years of experience providing one-on-one and group-oriented grief support to the bereaved as a trained volunteer for Haven of Northern Virginia.

Kris is grateful that both her grief training and her yoga journey have prompted her to explore a variety of issues and to ask fiercely pointed questions, the answers to which have led her to reshape her body, mind, and relationships.

In her classes, Kris hopes to combine grief training and yoga to create a nurturing environment that enables students to explore and study their own bodies, minds, and relationships.