

Pat Pao

E-RYT 200, RCYT



Pat has been teaching yoga for over 16 years, and currently teaches Yoga 1 through Yoga 3, Teens Yoga, Yin Yoga, and Mad Skills for Graceful Aging at The Health Advantage Yoga Center.

Her training includes Teacher Training Programs from The Health Advantage Yoga Center, The Radiant Child, Yoga 4 Teens, Yin Yoga Teacher and Energy Medicine Yoga. Additionally, she is a Relax and Renew Trainer®.

Pat is a former professional dancer, ballet teacher, and movie casting director. She has had the great privilege of studying with many wonderful yoga teachers and enjoys bringing their numerous gifts to her classes and workshops.