

Kelly Kessler

RYT 200



Kelly started as a student at HAYC in 1993 and completed the HAYC Teacher Training Program in 1999. She studies therapeutic yoga intensively, drawing upon her own experiences as well as her work as a Neuromuscular Massage Therapist to teach the healing power of yoga to her students.

Kelly currently teaches Gentle Yoga 1, Gentle Yoga 2, Yoga 2, Yoga with Weights, and Dynamic Movement. As a member of the American Massage Therapy Association, she also offers Massage Therapy here at The Health Advantage Yoga Center.