

Summer Solstice Karma Yoga Event

Meet Our Instructors!



Kathy Duke
RYT 500, E-RYT

Kathy completed the HAYC teacher training program in 2000 and the advanced teacher training at The Himalayan Institute in 2009. Her yoga studies have allowed opportunities to study with many insightful teachers from a variety of traditions such as Kaustaub Desikachar, Erich Schiffman, and Judith Lasater. In addition, Kathy holds a Personal Training Certification from the American Council on Exercise and is a former ACSM Health Fitness Specialist.

Kathy earned a BFA from Virginia Commonwealth University and has worked and volunteered in the health and fitness industry for more than twenty years.



Pat Pao
E-RYT 200, RCYT

Pat began her yoga studies with Betty Roi. She has studied extensively at HAYC since 1998 and has completed the HAYC Teacher Training Program, Radiant Child, Yoga 4 Teens, and Yin Yoga Teacher Training programs. She is also a Relax & Renew Trainer. She has been teaching Teens Yoga since 2001.

Pat has completed intensive teacher training workshops with Kaustaub Desikachar, Paul Grilley, Anodea Judith, Judith Lasater, Elise Browning Miller, Sarah Powers, Erich Schiffman, and Rodney Yee.

She is a former professional dancer and ballet teacher. Pat worked for over eighteen years as a movie casting director.



The Health Advantage Yoga Center
1041 Sterling Road Suite 202
Herndon, VA 20170
(703) 435-1571