

# Nora May

RYT 200, RCYT



Nora is a National Board Certified Teacher/Exceptional Needs Specialist, and a licensed Elementary and Special Education teacher (Pre-K through 12) who taught for 20 years in elementary and high schools. She has been studying yoga at HAYC since 1995, and completed the 95-hour Children's Yoga Teacher Training at Beloved Yoga in 2016 and the 200-hour Teacher Training at HAYC in 2017.

Nora holds degrees in Psychology, Special Education, and Photography, and is a certified instructor in Mindfulness-Based Stress Reduction for Teens (MBSR-T).



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