

Kim Howard, 500 CYT

Kim left a career in corporate HR and Law to focus on bringing more balance into her own life. Kim first turned to yoga as a way to both recover and stay in shape when an injury derailed her running. Along with the physical changes in her body, she loved the mental changes and the dramatic improvement in her overall sense of calm. After practicing yoga regularly for over 5 years, she took a leap to the other side of the mat to better align her livelihood with her passion for teaching, fitness and mindfulness. Kim is now a 500 CYT and has additional certifications in Kids Yoga (Pretzel Kids) and CLIR – Clinically Informed Restorative Yoga. She teaches classes for both adults and kids at multiple locations throughout the South Shore and online, as well as conducting workshops, corporate classes and children’s parties. In addition to running and yoga, Kim is an avid hiker and loves the great outdoors. She also teaches graduate school and still does some consulting. Kim lives in Hanover, MA with her teenage son Dylan and their rescue pup Susana

