Katrina, Miss Kat or Yoga Kitty, as the kids call her, is a car girl, yogi, nutritionista, and our very own preschool teacher and yoga instructor. She has been working with children as long as she has been practicing yoga, a little over twelve years. Katrina discovered yoga after being diagnosed with celiac disease. She made use of her biology degree to heal herself holistically by incorporating her knowledge of human anatomy, physiology, and nutrition not only into her diet but also into her yoga practice.

Yoga proved to be a way to calm her mind, body, and especially tummy while still allowing her to gain physical and mental strength without disrupting the delicate balance of managing her condition. She recognized a need for the benefits of yoga in her own preschool classroom. She began including it in her curriculum here at Summit Learning Academy where she teaches a three-year-old class, as well as yoga and nutrition to the other classrooms. Now the children don't go a day without asking to do yoga. Merging her passion for educating children and her love and knowledge of yoga resulted in the pure magic that is her kid's yoga classes. Now parents and teachers all over our area are witnessing the benefits of more zen children who are empowered by having the ability to manage their own feelings and bodies through movement and breath. She could go on and on about why all children need yoga in their lives, just ask her, she'll tell you all about it.

But she doesn’t stop there, she wants everyone to feel the benefits of yoga. She decided to share her passion with people of all ages and has used her extensive knowledge of human anatomy and physiology to help all individuals use yoga to improve their wellness and live more fulfilled, happy lives despite various health issues. She genuinely cares about each individual and caters classes to your needs. She might occasionally speak to the grown-ups in kids yoga language and tell you to be a snake or a dog, but that’s just all part of the fun.

Kids and adults alike are guaranteed to leave her classes feeling happy, cared about, like they just had a ton of fun, like they did something really good for their bodies, and like they left a bunch of stress on their mat!

She would love nothing more than to share her passion with you or your children so catch her on her mat here at one of her kid's classes, adult classes, or mommy/daddy and me classes!