



Heather Horrell

Heather earned her yoga certification in 2013 in Virginia. She specializes in *prenatal*, *kids*, and *family* yoga and is also a Kidding Around Yoga teacher trainer. She has a B.A. in English Literature and an M.Ed. in Teaching and Learning/Curriculum Development. As a graduate student, she developed a mindfulness-based birth and parenting curriculum.

Heather has six feisty children and she adores all things Okinawan. She's a crafty Potterhead who enjoys traveling, reading anything she can get her hands on, swimming, and discovering new things.



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