

Whitney Burke



Whitney began her yoga practice over seven years ago as an addition to her exercise routine. She quickly discovered that yoga strengthened her body while also calming her mind and increasing her energy. As a lifelong learner, she wanted to learn more, deepen her practice and share her yoga-passion with others. She embarked on her journey to become a certified yoga teacher completing her 200-hour yoga teacher training and certification at the Kripalu Center for Yoga in July 2015. She then went on to complete her 500 hour certification training at YogaLife Institute. She is a proud member of Kripalu Yoga Teachers and member of the Yoga Alliance.

Whitney truly believes that yoga can be practiced by everyone, no matter their age or physical ability. Her classes focus on the fundamentals of yoga postures, emphasizing safe movements and encouraging each student to honor their own body's ability, along with calming, focusing breathing techniques. She brings strength, peace, joy and laughter to all of her students during each class.



Whitney lives in Durham, NH with her husband, two daughters and two dogs.
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Objectives:

1. Identify and understand the physical and mental benefits associated with Yoga and Meditation practice
2. Identify and understand the neural networks involved with focused breathing and how these techniques can moderate stress, mood, attention and body system regulation
3. Participate in Yoga, Meditation, Breathing session to apply presented concepts