

OUR HERO

THE GREEN YOGI



Kathleen Kelly

Classes Taken: 105

Occupation: Soul Coach

Charity: Hands, Paws & Hearts

WHY DO YOU LOVE COMING TO THE GREEN YOGI? The amazing teachers, the always-friendly receptionists, and the sense of community it provides.

WE'RE DONATING \$100 TO HANDS, PAWS & HEARTS. WHY DID YOU CHOOSE THIS

CHARITY? I'm an animal advocate and love dogs. I adopted my current dog Kali from this rescue group. They do amazing things for dogs in need.

WHO'S YOUR FAVORITE INSTRUCTOR(S) AND WHY? I don't like to pick favorites, they're all equally awesome, expressing in their own unique way. I enjoy different aspects in every class. Although I must say I love Julie. She's a master teacher. We met over 15 years ago, instantly connected, and have been best of friends ever since. It's especially nice taking her class because it's a way to spend more time together when life gets busy and hectic 😊

WHAT'S YOUR INTENTION FOR YOUR PRACTICE: To continue the commitment of showing up on the mat 4-5 times a week.

FUN FACT ABOUT YOU: I've been a Practitioner at Agape Spiritual Center Since 1999.

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? Once a Day- Michael Franti.

HOW LONG HAVE YOU BEEN PRACTICING AND HOW HAS YOGA IMPROVED YOUR LIFE? I've been practicing yoga for 18+ years. It has helped me stay focused, balanced, and healthy. 😊

WHAT KEEPS YOU COMMITTED TO YOUR PRACTICE? The overall well-being that yoga inspires in me – mentally, physically and spiritually.

Each month we select one yogi who has gone above and beyond to dedicate themselves to their practice. To honor them, we donate \$100 to their favorite charity.