



with Nora Vines

EDGEWOOD PARK
SATURDAYS at 10 a m

Suggested donation: \$2-\$5



Nora came to yoga as a means for movement and learning about her body. Her practice deepened through her studies at Neighborhood Yoga in Boone, NC. She found her yoga home at The Glowing Body when she moved to Knoxville in 2015. Nora completed Yoga Teacher Training at The Glowing Body under the direction of Kim Lomonaco in 2018 and joined the studio as an instructor in 2019. Nora is honored to learn from and with the amazing yogis she has the privilege to share space with in the community. She approaches movement with curiosity, compassion, and humor. She believes yoga is for everybody (and every body). Nora invites you to practice and play with her!