Patricia retired in 2015 from a local school district in northern California and soon after took her very first yoga class. As she tells her family and friends (or anyone else who crosses her path) it was love at first breath! As she continued to learn about yoga, she discovered its transformative power and the positive impact it can have on your life. Consequently, she quickly immersed herself in the study and practice of yoga and completed the Yoga Alliance Certified 200 Hour Teacher Training in 2019. Patricia teaches a gentle, breath-centered yoga, which means that all the movements are linked to and guided by your breath. Currently, she is enrolled in an additional 300-hour credentialed yoga program.

Patricia loves spending time with her family and friends, taking long walks through her neighborhood and practicing yoga at her local yoga studio.