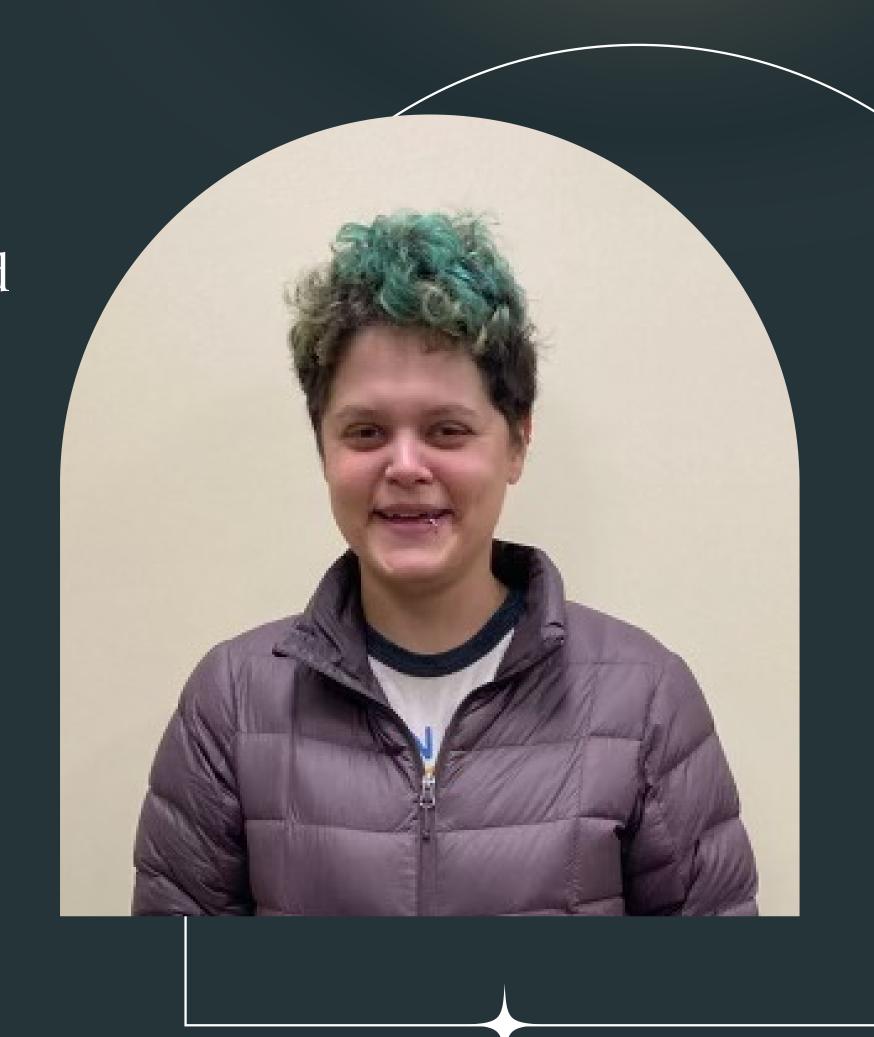
HATIE PARMETER

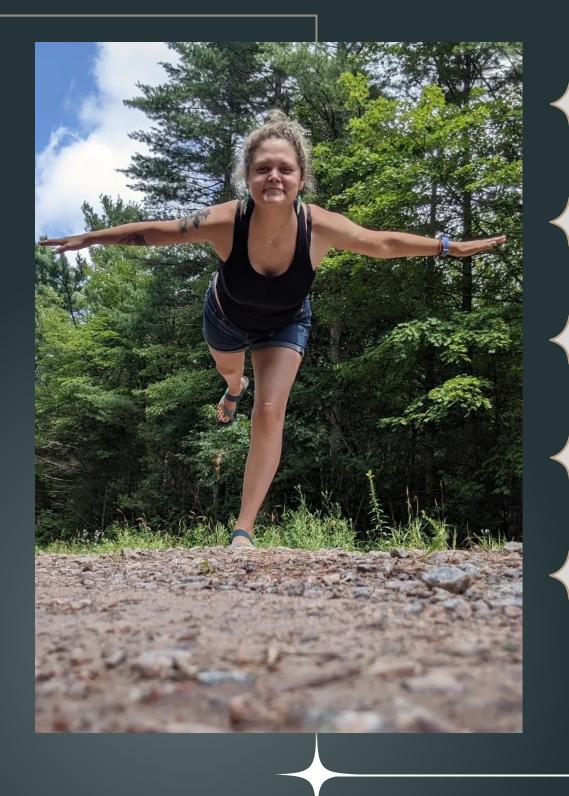
EXPERIENCE

Hatie Parmeter (She/Her)
200RYT has practiced
yoga for 10+ years. She
did her 200-hour cert and
has taken many yoga
nidra and traumainformed courses since.

TEACHING STYLE

Hatie's classes are low and slow, focusing on grounding, restorative postures that slowly stretch the body.





My favorite quote:

"When you take care of yourself, you're taking care of your loved ones/community." – unknown.

INTERESTS

Hatie loves paddling canoes, kayaks, and SUPS and hiking with her dogs.