

# 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 trauma-informed 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.