

KAREN DEBERG

EXPERIENCE

I am a retired school teacher. I have been practicing yoga, Pilates and weight training for years. I have been certified in Yoga and Pilates for over 3 years. My learning journey will be ongoing.

TEACHING STYLE

As a teacher of Pilates Mat, Yoga Sculpt and Beginner Yoga, I try to empower my class by reminding them that this is their practice and they need to do what is right for their body. I also like to inform my class of the positive benefits of poses, movements, breathing and exercises we are practicing.



My favorite quote:

"It's never too late to start working on yourself. Act now. Don't stop. Enjoy the ride."

INTERESTS

My biggest discovery is learning how yoga and Pilates have made me stronger, injury free and more balanced physically for all the things I love to do. I love to run long distance, trail run, bike, weight train, golf, play tennis and pickleball, snowshoe, cc ski, downhill ski, water ski, read and listen to health podcasts. (I of course, love to participate in yoga and Pilates!)