

Cecelia Butler

Cecelia became interested in yoga about 15 years ago in an effort to manage stress. A happy side effect was that she got in shape and began to look younger and feel happy! After about a year of personal practice, she was encouraged by her instructors to become a certified yoga instructor to share her techniques with others. Her focus is on beginner and restorative classes using props, and gentle adjustments. She likes to add reflexology, reiki and breath work into her classes as a way to teach alternative methods for relaxation. She is also certified as a reiki master, reflexologist and hypnotherapist along with advanced yoga adjustment training.

