

kimmy is a great teacher. she is friendly, patient and a great instructor. if you are looking for an instructor that is going to teach you well, kimmy is your best choice. i feel very fortunate that i was able to find kimmy when i did. i am looking forward to another year of classes with her. thank you, kimmy, for being such a great teacher. kimmy is a great instructor. she is patient, encouraging and has a great sense of humor. i am so glad i found kimmy. she is a good balance to my yoga practice. i recommend her to anyone looking to learn and improve their yoga practice. i have been taking classes from kimmy for almost a year. she is so patient and great at explaining the moves. i am so glad i found her! i would recommend her to anyone who is looking to learn more about their practice. i have been taking yoga classes with kimmy for almost a year now. she is so patient and has a great sense of humor. i am so glad i found her! i would recommend her to anyone looking to learn more about their practice. my experience with st. petersburg yoga has been wonderful! i am a senior at the university of south florida. i was recently diagnosed with ms and an inflammatory brain condition called pml. my neurologist has prescribed me a long list of medications to manage my symptoms. the drugs i am taking make me feel good, but they cause a lot of side effects. i decided to look for other ways to help me deal with my ms and pml. i came to a practice of buddhism, but i wasn't sure what to expect. i decided to give yoga a try. i went to the st. petersburg yoga studio. the instructors, erin and kimmy, have both been wonderful. they have made me feel safe and comfortable. the different classes they offer really have helped me deal with my symptoms. i am so glad that i have found a place like this in my life!



Kimmy - St Petersburg (y06) 156

i have been studying yoga at st petersburg yoga for 2 years. it has become a great complement to my other physical fitness training. i have had chronic shoulder and neck issues since i was a young child. the therapy my pt offers has been great and my shoulder issues have improved. recently, i began a study of zen buddhism. i find that the zen meditation practice i study at st. petersburg yoga is great for relieving stress and anxiety. i also find the instructor, kimmy, to be very knowledgeable and patient. i have loved the classes, and i am looking forward to continuing to work with kimmy. st. petersburg yoga has been a great experience for me. the faculty at st petersburg yoga is amazing. i have been studying yoga for several years. i have found kimmy and erin to be great teachers. they have been patient with my and offer me a safe place to work on my poses and postures. i have gone to st petersburg yoga to work on muscle and joint issues. i have found that i have more flexibility when i work on my postures. my shoulder pain is better when i work on my poses at st petersburg yoga. i am looking forward to getting back to work at st petersburg yoga. i have learned a lot and will continue to work on my poses with kimmy and erin. i have been a student of yoga for more than five years. i have found a great place to work on my poses and postures. i have learned a lot and will continue to work on my poses. i have been working with kimmy and erin at st petersburg yoga for the past two years. i would recommend this place to my friends and family. they are great teachers. thank you! 5ec8ef588b

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