



**Megan Vitale**

Megan Vitale is a certified Yoga Instructor, as well as, a certified Children's Yoga Instructor through Kidding Around Yoga, based in St. Petersburg, FL. She discovered her love of yoga while attaining her B.A. at American University in 2001. Specializing in both Gentle Yoga for adults & Kids Yoga, Megan's focus on the mind-body-spirit connection is evident in all her classes. By using stretching, poses, breathing techniques, deep relaxation and meditation, the goal is for participants to "float out the door" at the end of class. Regardless of where you are on your yoga journey, Megan offers a fun approach and modifications suitable for all levels of practice. She believes that yoga is for all ages and for every body type.