



**INTRODUCING**

# Katie Baskara Yoga Teacher



Katie is a dynamic yoga teacher specializing in vinyasa flow, with a strong passion for making yoga accessible to all levels. With a focus on yoga for overall fitness, Katie creates interactive, athletic classes that challenge the body while fostering mindfulness and flexibility.

## **EDUCATION & CERTIFICATIONS**

- BA, Political Science, Texas A&M University
- MA, English, Texas A&M University-Kingsville
- 200 Hour Yoga Teacher Training
- Restorative Yoga Certified Teacher
- Yin Yoga Certified Teacher
- Face Yoga Certified Teacher
- First Aid/CPR/AED

**Stuttgart Sports & Fitness**

**Panzer - Patch - Kelley - Robinson**

**[stuttgart.armymwr.com](http://stuttgart.armymwr.com)**