



*Vickie Galster, RYT200*

Health and fitness have been a big part of my life. During my career as an “Educator of Disabilities” I kept active with my kids and active in the fitness industry for over 25 years teaching step aerobics, kettlebell, Pilates, and yoga-based strength and stretch classes. I always enjoyed being a student of both Iyengar and Ashtanga styles of yoga. After retirement, I decided to deepen my yoga practice and take part in the Yoga Teacher Training in Rome, NY to fully experience growth in mind, body and spirit. It was one of the greatest rewards to myself and I found my place of peace.

I enjoy gentle approaches to challenging poses and hope to be the spark that lights my students’ practice on fire. I’m passionate about empowering students to be their true self and provide skills and confidence to love where they are on the mat and in their practice. Most importantly is having fun in the process of exploring on the mat.