

Michelle Boullion

Michelle has sequenced and taught yoga, Pilates, and group fitness exercise classes for over 25 years. Additionally, she has provided private fitness and recovery training sessions for several college and professional athletes throughout the years. Michelle holds multiple certifications that make her a uniquely insightful and comprehensive teacher:

- Physical Mind Institute Certified Pilates and Pilates Reformer Instructor
- Yoga Alliance Certified Experienced Yoga Teacher ERYT 500+hr
- Yoga Alliance Certified Continuing Education Provider
- National Academy of Sports Medicine (NASM) Certified Personal Trainer