



CALVERT COUNTY DEPARTMENT
OF PARKS AND RECREATION
NORTHERN DISTRICT PRESENTS



MEET: Barbara Hance

What do you teach? Gentle Yoga

How long have you been teaching your class?

I began teaching yoga in 2017.

Profession when you're not teaching:

I am a Senior Certifying Instructor for Art Clay World. I teach basic to advanced classes in fine silver jewelry through Evolve Studio, California MD.

Certifications:

- 1. RYT 200 hour interdisciplinary teacher training.**
- 2. 100 hours Self Awakening Yoga teacher training.**
- 3. 50 hours Yin Yoga Teacher Training.**
- 4. 50 hours Anatomy Teacher Training.**

More about Barb:

Barbara believes the benefits of yoga can be enjoyed by everyone.