

Employee Health Program

Meet Your Instructors

Elaine Pendleton

Subjects

Yoga

Instructing for over 10 years

Certifications

200 hours RYS (Registered Yoga School) Certification through Purple Lotus Yoga

Hobbies

Equestrian

I have two Quarter Horses, and I show at the national level in both Western and English classes

Running Marathons

I completed two marathons and several half marathons