

**KEVIN POST, E-RYT,
B.S. IN AERONAUTICS AND CHRISTIAN THEOLOGY, M.S. IN AERONAUTICS
TEACHES HAWK (HOT) YOGA, HOT VINYASA FLOW & KUNDALINI YOGA**



Kevin is a 200-hour E-RYT certified yoga teacher and a co-owner of Yoga Lola Studios. He has been practicing different yoga styles and meditation since 2007 and has studied various indigenous cultural traditions, scientific theories, and philosophies.

Kevin leads the Hot Yoga program development and practices at Yoga Lola Studios, and takes students and teachers alike on a journey into physical fitness through yoga and sweat! Kevin also trains the Hot Yoga training portion of the Yoga Lola 200-Hour Yoga Mastery Course/Teacher's Training program. In addition to Hot Yoga, Kevin practices and teaches Kundalini Yoga which helps him keep his body/mind/spirit in excellent shape. Kevin loves the balance, peace, and stress-release yoga has brought to him personally and it brings him happiness to share these techniques with his students!

A veteran vision quester, Kevin has participated in three of his own personal vision quests, as well as supporting other questers, for many years. He is a member of the Earthtribe, a group that incorporates sweat lodges and other wisdom traditions into its teachings, for over 16 years. Kevin has a real talent for the flute and music in general, and loves to write poetry. He has authored and presented papers on systems theory and environmentally sustainable solutions and brings an integral approach as a co-creator of the studio and in the development of the studios' workshop offerings. He is currently pursuing a PhD in Systems Theory.