

**VICKY SALMONES, RYT-200**  
**BS IN ELECTRICAL ENGINEERING**  
**TEACHES KUNDALINI, HATHA, FITNESS AND HAWK HOT YOGA**



Vicky has been studying and practicing Hatha yoga since 2008. Yoga has helped her deeply connect with her body in new and profound ways, while helping her develop patience in all aspects of her life. Vicky is also a Level III Master Level Reiki Practitioner. Vicky uses both her yoga and her Reiki background to help herself, her loved ones, and her clients live balanced and healthy lives.

Vicky also enjoys physical fitness in different venues. She is a group exercise fitness instructor and teaches cycle, water aerobics, step, and strength classes. She has completed a few running marathons as well and continues to run for fun! Her knowledge of yoga, sense of humor, and upbeat personality are just a few of the gifts she shares with her students in her classes! She truly loves teaching and sharing the technology with everyone.