



About Heather Kulber

Heathor took her first yoga class thirty years ago. Broken, overworked and stressed from a grueling graphic design business and a car accident that ended her music business, she knew there was a better way of living instead of just existing. After stepping into her first yoga class to ease the pain of her neck, shoulders, she fell in love with the idea of yoga healing her body, but it also became very clear that her stress levels were definitely less.

It was only natural that she would step into her first teacher training fifteen years ago and never looked back. Her in-depth studies also led her deep admiration for all styles of yoga including Yin, Restorative, and teaching Seniors too.

Since Heather had a professional background in music it was only natural for her to study sound healing as a way to honor her students mind, body and soul. Heather has now spent the last ten years in studying deep sound healing, and now understands how the practice of yoga will assist you to find your true passion. She now offers spirit drumming, sound baths, private healing sessions and of course will always be there to teach a passionate, loving yoga class.

She is a flower child at heart, laughing, loving, giving you space you need to be truly happy...