



About April Culpepper

April started practicing yoga in 2006 at a local studio in Austin, TX. In 2015 she deepened her practice with seated daily meditation, which brought relief and comfort to a chaotic time in life. April began to study reiki and became a certified reiki master.

Her heart has always been to help others find joy and peace no matter what's going on. She felt there was still something else she could do to serve others. That's when she decided to go deeper with her yoga practice and embark on her yoga teacher journey. April is a graduate of Yoga NoHo Center teacher training and is thrilled to be a part of such a great community.

April enjoys time with her dog child and soaking up nature. Going for mindful walks keeps her inspired and connected. She hopes that you leave her class feeling a little bit better than when you walked in. She creates a space for you to go inward and gracefully meet yourself where you are in that moment.