

# ANITA KORTESMA

MS, 500 HR YOGA TRAINING

YOGA INSTRUCTOR & PRIVATE YOGA TRAINER

Anita has been a yoga instructor for 3 yrs.

She teaches classes from power flow to gentle and restorative yoga with specialty in beginner's yoga. Anita was inspired to teach from personal experience while attending meditation retreats. Anita has a Masters in Social Work from UW-Milwaukee and spent her career working in the health care field. She is a FLEX Silver Sneaker's instructor teaching fitness classes to the elderly. She holds a 500 hr yoga teacher training certificate and works with groups and private clients. When not teaching, Anita enjoys travel, her horse, and writing.

**ANITA HAS BENEFITED AND GROWN FROM THE PRACTICE OF YOGA.  
SHE CAN HELP YOU DISCOVER THE POWER OF YOGA IN YOUR LIFE TOO.**