



About Elke

After teaching tennis for about 20 years Elke decided to try yoga and loved it. She knew right away that she wanted to teach it.

In 2000 Elke received her Anusara Yoga Teacher Training Certification from The Health Advantage Yoga Center in Herndon, VA, and has been teaching yoga at the Kent Athletic & Wellness Center ever since.

Elke inspires her students to live healthier lives by becoming stronger and more flexible. Her classes are open to all levels.

Information

Elke's class
M/4:15-5:15 pm
fitness room



i fit here.