



## GRACE BALLENGER

*Yoga Instructor at Kensington Golf  
& Country Club in Naples, Florida*



### PERSONAL PROFILE & BIOGRAPHY

*Grace Ballenger has been an Ananda certified yoga teacher since 2005, registered E-RYT with the Yoga Alliance. She holds a BA in Psychology from the University of Maryland, is certified to teach Yin Yoga and was initiated in Kriya Yoga, Raja Yoga, Oneness Deeksha and Reiki levels 1 & 2.*

*She has successfully owned and managed her own boutique yoga studio, Flowing with Grace, specializing in both group and private yoga and meditation classes. Using the knowledge imparted by her many teachers over the last 16 years, her classes offer varying aspects of all five branches of yoga, Jnana, Hatha, Bhakti, Raja and Karma Yoga. Grace's aim is to guide students in developing their own unique yoga and meditation practice, offering knowledge that will help them reawaken in self realization and discover the tools for experiencing a greater sense of contentment, inner peace and healthy living.*

*As part of her Bhakti practice Grace regularly sings and plays guitar with the Southwest Florida Community Kirtan group and other local music artists.*