



Calvert County Parks & Recreation,  
The Northern District Presents...



## **GET TO KNOW YOUR INSTRUCTORS!**

### **MEET Barbara Hance**

**What do you teach?**

**Beginning Yoga, Basic Yoga, and Chair Yoga**

**How long have you been teaching your class?**

**New to teaching Yoga. Taught in the baking industry for 20 years, and for the last 10 years I have been teaching classes in silver jewelry making in the jewelry industry.**

**Profession when you're not teaching:**

**I am a Senior Certifying Instructor for Art Clay World. I teach basic to advanced jewelry making classes in silver.**

**Certifications:**

**RYT 200 hour interdisciplinary teacher training, through Evolve Studio. 100 hour teacher training in Self Awakening Yoga, through Evolve Studios in California, MD**

**More about Barb: Barbara believes the benefits of yoga can be enjoyed by everyone.**