



# nora vines

Yoga Instructor - Educator - Lifelong Learner

## Intention

My intention is to provide an inclusive yoga experience through honoring breath and body connections while supporting all yogis in finding balance between effort and ease.

Sthira-sukham asanam

The posture should be steady and comfortable.

Yoga Sutra 2:46

## Teaching Experience

**2019 -  
Current**

### The Glowing Body

Current classes

- Slow Flow: Take your time. Move with intention. Slow Flow is designed to build control, coupled with breath awareness and mindfulness.
- Restorative: Rest, relax, restore. Restorative yoga is designed for ease and comfort in supported postures.

**Current**

### Community

Ongoing:

- Cancer Support Community East Tennessee Kids' Camp Yoga
- Yoga in Edgewood Community Park in collaboration with City of Knoxville Parks & Recreation
- Same Serenity, Separate Spaces: Family Yoga & Mindfulness Event at The Birdhouse Community Center in collaboration with Amberly Kelley-Dotson
- Reset, Restore, Retreat. in collaboration with Strong Stock Farm
- Resonant Flow: Yoga & Live Music Events in collaboration with Michael Hull
- Mindful Movement for Kids
- Seasonal Facial & Yoga Flow workshop in collaboration with Jayme Hannah
- Ready to Reset: Slow flow, restorative, and therapeutic touch workshop in collaboration with Katie Hunt


2023

- Yoga in Educational Spaces
- Literacy, Mindfulness, & Movement, Professional Development Workshop provided for toddler-middle school educators at Garden Montessori School, Knoxville, TN in collaboration with Valerie Kelly


**Jan. - July  
2020**

### YogaSix

- Slow Flow: These classes flow at a slowed-down pace so there's time to explore individual postures and transitions.
- Power: These vinyasa classes move at a steady pace to keep your practice fluid, creative and energizing.
- Restore: These classes emphasize floor postures in a warmed room to stretch, open and release the major muscle groups of the entire body.

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 Knoxville, TN

## Education

**Doctor of Education**  
Appalachian State University  
2015

**Master of Arts- Literacy Education**  
Appalachian State University  
2015

**Bachelor of Arts- Elementary Education**  
Lees McRae College  
2004

## Yoga Bio

Nora came to yoga as a means for movement and learning about her body. Her practice deepened through studies at Neighborhood Yoga in Boone, NC. She found her yoga home at Glowing Body after she moved to Knoxville and the birth of her first child in 2015.

Nora completed YTT under the direction of Kim Lomonaco in 2018 and joined the studio as an instructor in 2019. Nora's classes approach movement with curiosity, compassion, and connection.