

Yoga by Kelly

Campus Recreation

Fall Semester

WCU's Student Recreation Center is offering professional yoga classes by a registered Yoga Alliance instructor, Kelly Pender!

Come to her class!
Wednesday's
2:30-3:30pm



Kelly Pender is a 200 E-RYT International Yoga Instructor, Business Mentor & Reiki II Practitioner. She specializes in strength-based Vinyasa and supports yoga-curious seekers to create a mindful practice that reconnects them to their inner + outer strength.

Her teaching + talent has been featured and showcased in Yoga Journal, YogiApproved, and she became the first Instructor to create her very own workout collection with Asana Rebel.