



Michelle Werner, Yoga Instructor

Michelle Werner has been studying yoga since 1997. In her words, “every single time you do yoga, you get stronger & more flexible... both in the body and the mind. Strength is useless without flexibility!” In the spring of 2019, Michelle was certified as an RYT200 through Indianapolis’ well-known Invoke Studio. Since then, she has been enjoying teaching yoga to the Indiana University McKinney School of Law Yoga Club as well as to some very fantastic humans at Outside-The-Box. She is registered with Yoga Alliance, CPR certified, and insured.