

FIRST NAME

Katie

LAST NAME

Schroeder

EMAIL

kathryn.schroeder@gmail.com

TOWN OF RESIDENCE

Rockport, MA

PLEASE DESCRIBE YOURSELF.

Hi,

My name is Katie Schroeder and I have been teaching yoga, mindfulness and positive psychology on the North Shore for over fifteen years. I am a certified school adjustment counselor, yoga instructor and conflict resolution/social emotional learning educator. I believe the tools of yoga, mindfulness and self-care practices including positive psychology, stress reduction and conflict resolution are needed now more than ever for our children during these uncertain times. I am available for yoga privates with families, parents and children, teens, tweens and littles. I can provide group instruction or one on one private sessions that are designed to meet your needs and highest intentions.

A little more about me...I have lived on the North Shore for seventeen years and have worked in the public schools, local yoga studios and owned a boutique style yoga studio in Magnolia, MA pre-COVID. I am a mother to two elementary school aged children, a devoted partner and a firm believer in positive change. My life purpose and work is to support others to navigate change on all levels and inspire self-love and creativity. I have two masters degrees, plenty of real life experience (both the joys and suffering that life brings) and a huge compassionate heart that allows me to offer resilience to any and all situations.

I AM EXPERIENCED WITH:

Pre-School, Elementary, Middle School, High School

MY ENRICHMENT CAPABILITIES ARE

Social-Emotional Learning, Mind and Body, Physical Fitness

PREFERRED HOURLY RATE:

\$30+

COMMITMENT LEVEL:

Flexible

DESCRIBE YOUR AVAILABILITY.

I am available most weekdays and weekends and can be flexible to meet your schedule.

HIGHEST LEVEL OF SCHOOLING AC

Graduate Degree

PLEASE INCLUDE EDUCATION, CER

BA Psychology: University of Colorado Boulder

Certificate in Peace Studies: University of Colorado Boulder

MA Conflict Resolution: University of Massachusetts Boston

MA Counseling: Salem State University

ERYT 200 Experienced Registered Yoga Teacher for 12 years