

# ♥ Hart Fitness

Nancy Hart, Founder hartfitness3@gmail.com

25 Years of Experience in the Industry

Certified Fitness Trainer, ISCA – core strengthening, balance & flexibility training, post-rehabilitation, injury prevention

Yoga Instructor, SCW – hatha, vinyasa, yin, and restorative yoga

Bachelor of Science, Therapeutic Recreation, York College of Pennsylvania

Adjunct Professor, Physical Activity & Wellness Department, York College of Pennsylvania

Content Creator, **Hart Fitness**

<https://www.youtube.com/channel/UCoWZrKJFwwuY08bMJMks7Gw>



*I am honored to be a part of the Sprouts Program for children and super excited to introduce yoga to our youth. There are numerous benefits to practicing yoga; creating body positivity and self-awareness, reducing stress, improving focus & mental clarity, and practicing self-compassion, just to name a few. We can all benefit from yoga regardless of age. Sometimes it is nice to not take ourselves so seriously and simply enjoy the journey. As they say in yoga, 'Yoga is much more than learning how to touch your toes. It's about everything you learn on the way down.'*

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*"Easy to follow and created a relaxing environment, which was much appreciated"*

*"Very knowledgeable and passionate about yoga"*

*"Very understanding and demonstrated different levels of each pose so students could practice to their own comfort level"*

