



KATE GUDE YOGA

Yoga Instructor • RYT-200, Yoga Alliance

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TEACHING PHILOSOPHY

I share the peace, strength, and joy I've found in my own 25+ year yoga practice to help students drop into their own bodies through breath and asana, while supporting their practice through injuries and life transitions toward greater physical and emotional well-being. My teaching draws on my own experience over the past three decades of tapas, vinyasa, flow and pranayama to help students find grounding and presence in a fast-paced world. I know something about these transitions and have used my own practice of yoga over three decades to work through my own physical changes, life changes and injuries to support a healthier and happier me.

CERTIFICATIONS & TRAINING

- **200-Hour Foundations & Dynamics Teacher Training**, JOY of Yoga School at Breathe Together Yoga
- **Registered Yoga Teacher (RYT-200)**, Yoga Alliance
- **300-Hour Teacher Training** (*in progress 2026/2027*), JOY of Yoga School at Breathe Together Yoga
- **CPR and First Aid Training**, American Red Cross (**current 2026**)

AREAS OF FOCUS

- Vinyasa
- Flow
- Tapas-Based Practice (Hot Seasonal Yoga)
- Pranayama

PRACTICE BACKGROUND

- 26 years as a dedicated yoga student; I was introduced to yoga in 1998 while traveling in Rajasthan, India.
- Practiced for 14 years with Charu Rachlis at Mindful Body & Yoga Tree in San Francisco.
- Practiced Iyengar Yoga with Sabine Kneuler in San Francisco at Yoga Loft.
- Practiced with Rosemary Garrison in San Francisco at International Orange Spa & Yoga Center.
- Since 2015 at Breathe Together Yoga (Los Gatos, CA) practiced with Jennifer Prugh, Noell Clark, Cindy Walker, Giselle Mari, Paige Stanton, Jenn Thorp, Nancy Glover, and Erica Valentine.
- Current focus: building strength, flexibility, balance, and longevity to sustain an active family life and age with mobility.

WORKSHOPS & RETREATS

- Maui, Hawaii — yoga retreat with Charu Rachlis (2001)
- Tulum, Mexico — yoga retreat with MJ Bindu Delekta (2005)
- Esalen Institute Big Sur, yoga & Pranayama retreat — with Thomas Fortel and Charu Rachlis (2007)
- Sayulita, Mexico — Haramara Retreat Center with Rosemary Garrison (2010)
- Mount Shasta Retreat Center — yoga retreat with Charu Rachlis (2003)
- Ladakh, India — yoga retreat with Jennifer Prugh (2019)

PERSONAL BACKGROUND – ABOUT KATE

- Major in English and Comparative Literature at Occidental College
- Minor in French with a year abroad in Rennes, France
- Avid reader (book worm)!
- Mother of four kids (one girl, three boys)
- Soccer / Football Mom
- Dog lover, owner of Daisy Dog her rescue Pyrenees/Retriever mix
- Hobbies: yoga, cooking, travel, museums (SF Fine Arts Museums & SF MOMA, live performance, lover of classical music and American jazz, as well as dance, both ballet and modern (SF Ballet, ODC and Alonzo King Lines)
- Lived in London, England as a young girl
- My professional life is in fundraising and event production for non-profit performing arts, visual arts organizations and environmental organizations including the San Francisco Symphony, San Francisco Ballet, SFJAZZ, Philharmonia Baroque Orchestra, World Wildlife Fund, Montalvo Arts Center, and other non-profits.