

RANI HENDERSON, CERTIFIED YOGA TEACHER
B.S. MARINE BIOLOGY
TEACHES HAWK HOT YOGA AND KUNDALINI YOGA



Rani Henderson has 10 years of outdoor/environmental education experience focused on the Galveston Bay system. Rani is also an American Canoe Association certified Level 3: Kayak Instructor and will soon have her ACA Kayak Instructor Trainer certification. Rani found yoga's ability to heal different kinds of aches, pain, and problems in the body fascinating, which led her on a journey that took straight to Yoga Lola's teacher training program! Rani plans to combine her passion for the outdoors with yoga, and to lead many yoga hikes through nature with other people who enjoy both being out in the environment and exercise.