

Yoga for You

A Gentle Way to Well Being

About Valerie Baltzer, E-RYT500

Valerie Baltzer, owner and director of Transcending Yoga teacher training, has been teaching yoga, Pilates, and fitness since 2005. She is registered through Yoga Alliance at the 500 hour level. Valerie completed her 500 hour comprehensive training under the guidance of Beverly Burt of Kai Yoga Arts in Albany, GA.

In 2008, Valerie established and managed the 200 Registered Yoga School for Kai Yoga Arts. She has taught in a variety of settings outside of the studio including community centers, support groups, private personal training, preschools, colleges, and universities.



She continues her education with many teachers including Paul Grilley, Sarah Powers, and Doug Swenson. She is inspired by the wisdom of Sri Krishnamacharya and his son TKV Desikachar, Roger Cole, Rod Stryker, Eric Schiffman, Shiva Rea, Seane Corn, Julie Wilcox, Cora Wen, Benji and Heather Wertheimer of Shantala, Krishna Das, BKS Iyengar, Gary Kraftsow, Ana Brett and Ravi Singh, Georg Feurstein, Carlos Pomedá, John Friend, Baron Baptiste, Donna Farhi, and Judith Lassater. In addition to her yoga studies, Valerie is also a certified Group Fitness and Pilates instructor through American Aerobic Association, Inc-International Sports Medicine Association. She is certified at Level I in Thai Yoga Massage through Soma Veda.

Valerie now resides in Jacksonville, North Carolina with her husband and best friend, Steve, her son-shine Line, their cats, and dog. She teaches public and private classes, workshops, and teacher trainings.