



Gina Kopp teaches a powerful, enjoyable, challenging yoga class for her early morning participants with a voice so sweet, you'll try anything she suggests. Gina likens Sun Salutations to running, "I could do those my entire practice. Like running, I love the way you get lost in the sensations and flow of your body and your breath....no thinking needed."

Gina also enjoys reading, cooking and eating, "I am Greek and I come from a long line of people that love to cook & love to eat... it is the best of both worlds!"

One of Gina's favorite quotes is "You must be the change you wish to see in the world" by Ghandi. Gina says, "I love this quote because change first starts with you, and you must become what you would like others to be, think and do. Set the example...don't be a follower."

On a side note, if you've noticed Gina's mid-section growing, it's because Gina is carrying her 3rd daughter, who is due to arrive sometime in December!

