



# TIDEPOOLS

WELLNESS INSTRUCTOR BIOS

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Meet your Tidepools Wellness Instructors

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## KYLAR

After a childhood of poor health, including extreme fatigue and inability to build muscle, Kylar began a personal and determined journey in the pursuit of health and fitness. Now he is passionate about inspiring and empowering others to reach their own optimal health and fitness.

*Regular teaches: Body Sculpt, Flex and Foam, and Full Body HIIT*

## DAWN

Dawn took her first class 13 years ago. She immediately fell in love with how just a few postures could make you feel so amazing. Dawn's inspiring Vinyasa yoga class is a flowing sequence of yoga poses synchronized with breath and is adaptable for all levels.

*Regular teaches: Vinyasa Flow Yoga*

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Please call us at 503.483.3000 or email us at [adventure@headlandslodge.com](mailto:adventure@headlandslodge.com) to reserve your spot in the class. Walk-ins are welcome but we can not guarantee your spot unless reserved prior to class.

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Please note our class schedules are seasonal and change regularly.