

The Area's Best Yoga Instructors



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Kristen Butera

Why she's great: "Kristen is extremely knowledgeable in yoga philosophy and alignment. She is compassionate and patient. She teaches the student to find comfort with their own body and better the relationship with themselves. I can't say enough wonderful things about her."—Libby Piper, 37, Phoenixville

Her street cred: A yoga teacher for the past four years, Butera is certified in Kripalu Yoga. Additionally, Butera completed a 500-hour training program in Classical Yoga with the YogaLife Institute in Devon (where she now resides as both a teacher and manager), and is also certified in Integrative Yoga Therapy and in Yin Yoga and Anatomy. She is the editor of the local magazine Yoga Living, and currently teaches a handful of classes structured in various styles including beginner, intermediate and Yin Yoga.

Why you'll love her: Butera structures her classes around three main concepts: Spiritual intention, effort and surrender, and functional alignment. Each class consists of a new, innovative sequence of poses designed to allow both the mind and body to let go and relax. She will help ensure you're in proper alignment, allowing for a deeper experience of each pose.

Where you'll find her: Yoga Life Institute, 111 East Lancaster Avenue suite G, Devon, 610-688-7030
asktheyogateacher.com

Class times: Wednesday: 9:30-11:00 a.m., 6:00-7:25 p.m.; Thursday: 6:00-7:25 p.m.; Saturday: 9:00-10:25 a.m.