



Mae BLED SOE

Junior Mae Bledsoe is the youngest yoga exercise instructor at Power Life fitness in Corinth Square

POWER LIFE

Information about Bledsoe's studio and the classes that she teaches

CLASS NAME: **POWER 1 EXPRESS HEATED**

- 7:15-8:00 a.m. on Sundays
- Introduction to yoga for beginners in a 99 degree heated room

CLASS NAME: **POWER 1 + MEDITATION**

- 7-8 p.m. on Sundays
- Yoga for beginners in a 99 degree heated room with a 10-minute meditation



4145 Somerset Dr
Prairie Village, KS 66208

SCAN ME SIGN UP



Visit Power Life's scheduling website to sign up for Bledsoe's classes

HOW DID YOU GET INTO TEACHING CLASSES AT POWER LIFE?

I'VE BEEN DOING yoga with my dad since fifth grade. I started cleaning the studio for a free membership my freshman year. Once you turn 16, you can start doing teacher training. So that's what I did as an intern, teaching classes for free for another free membership. And I didn't become a teacher until like August of this year after doing 200 hours of training.

WHAT'S THE HARDEST MOVE THAT YOU TEACH IN YOUR CLASSES?

CHATURANGA, WHICH WE do all the time. It's like a little mini push up. You basically go from an upward-facing dog and to downward-facing dog. I demonstrate it for every single class, and it's really easy to say, 'Oh, it's just a push up.' But almost everybody does it with the wrong form. It's a hard posture to do correctly, even I didn't do it right until I did my teacher training.

WHAT'S YOUR FUNNIEST TEACHING MEMORY SO FAR?

MY COWORKER THOUGHT I was in grad school with her. The people in my classes are usually around 30-40 years old, and I get a lot of East parents too. Talking to people before and after class is always so funny because they're always like, 'Oh my gosh, you're so young!'