



Katie Weber

YOGA • AYURVEDA • REIKI • CONSCIOUS COACHING



SPECIALIZING IN:

- **Yoga:** A system of stretching and positional exercises derived from Hindu disciplines to promote health, fitness, and control of the mind.
- **Ayurveda:** A 5,000-year-old holistic medical system from India, that balances physical, mental, and emotional health through natural treatments and lifestyle changes.
- **Reiki;** a Japanese technique for stress reduction that also promotes healing through the transfer of Chi; the "life force energy" that flows through us.

Katie Weber is a yoga teacher, Ayurvedic Practitioner, Reiki practitioner, and coach dedicated to helping people cultivate greater ease, balance, and connection in their daily lives. She has been teaching yoga since 2015 and believes that wellness begins with small, sustainable practices rooted in self-awareness and self-compassion.

Katie's classes are welcoming, adaptable, and focused on supporting each individual wherever they are on their journey. Drawing from her background in yoga, Ayurveda, and holistic wellbeing, she creates spaces that encourage participants to move, breathe, and care for themselves in ways that feel supportive and accessible.

Based in Colorado Springs, Katie is the owner of Katie Weber Holistics, where she offers yoga, Ayurveda, Reiki, coaching, workshops, and community programs.

