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Kim Holton, Ph.D., CHES, is an instructional assistant professor in the Department of Health Education and Behavior and associate director for UF Mindfulness at the University of Florida. Kim received her doctorate degree in Health Behavior from the College of Health and Human Performance at the University of Florida. She also holds an M.S. in Zoology, a B.S. in Ecology, and a professional teaching certification in the Narrative Enneagram. She has many years of experience in health promotion practice, serving communities through her work with non-profits and in higher education. Kim has been teaching yoga and meditation since 2002 and holds teaching certifications in Sivananda, Nosara, Kundalini, and yoga nidra. She brings the intention of creating a safe space to go inward and use the physical body as a portal into the subtle realms.