



HILLARY SKIBELL

Breathing room

About

Hillary Skibell is a yoga teacher, soul guide, and transformational coach. She is known for her wise and inspiring guidance that connects individuals to the deeper pulse and flow of life.

A YogaWorks Teacher and Teacher Trainer, certified Life Coach, and graduate from the Academy of Intuition Medicine, Hillary has spent the past 18 years studying the interdependent relationship between our inner world and outer life. Out of this inspiration, she formed her lifestyle approach, Breathing Room, integrating her experience in yoga, personal development, and interior spaces.

She is based in Mill Valley, CA and teaches classes, workshops, and retreats both locally and abroad. She is a California girl with Texas roots and loves chocolate, coffee, and country music. It is her passion to guide you to a deeper experience of your power and brilliance as you step into your thriving, inspired, soul-infused life.

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