

Hermine Baker

Owner of Atmani Wine County Tours

Yoga & Wine Tours in Sonoma County

www.atmanitours.com

Education & achievements

- 200H RYT Hatha Yoga
- 600H Ayurveda Studies
- Shamanic Reiki Degree
- Holistic Health Coach
- Wine and Spirit Education Trust Level 1&2 (WSET)
- BA Business Management
- 2013 Women's Vertical World Record holder in Skydiving



Background

Born and raised in Sweden, moved to Sonoma County 2009 to get into the wine industry. I started doing yoga when I was sixteen years old and it was as a compliment to my freestyle in skydiving. Freestyle is a sort of dance in the sky where you need to be flexible and strong, yoga was a perfect compliment. I studied under a private yoga teacher 2009-2014 twice a week to deepen my own practice. I took my hatha yoga teacher certification 2014 in Costa Rica. I love incorporating my swedish shamanic practices in my yoga, to help my students deepen their own connection to their inner essence.

I run my own yoga & wine tour business in Sonoma County, California since 2012.

I believe our heart is our inner teacher and Im passionate to help people live a healthier lifestyle and to help my students and clients to be in the now and to enjoy the present moment.

“The spiritual journey is individual, highly personal. It can't be organized or regulated. It isn't true that everyone should follow one path. Listen to your own truth.” -Ram Dass

I look forward to connect with you!

Engage your senses,
Hermine Baker
CEO- YOGINI

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