

OAK CONFERENCE: FUNCTIONAL MOVEMENT

STRETCH BREAK FACILITATORS



DELIA SCOTT

University of Kentucky

Delia Scott (Registered Yoga Teacher, 200 hours) leads weekly outdoor yoga classes during spring, summer and fall for faculty, staff and

students involved with the University of Kentucky Community Supported Agriculture (UK-CSA) program at the UK Horticulture Research Farm in Lexington. She has been practicing yoga for over 20 years and received her yoga teacher certification from Barefoot Works Yoga in 2017.



MONET PROCTOR

Flow with Mo

Poet, artist, yoga instructor and farmer Monet Proctor is a jack of all trades. Raised in Lexington, Kentucky, Mo strives to give back to her community while

honoring her heritage. She offers programming that incorporates creativity into all efforts of growth, emboldening the 'inner child' in us all, whether on the farm, in the art studio or on the yoga mat. Mo believes that to continue creating a sustainable environment for those who will come after us, we must engage in functional movement because a body in motion stays in motion.

@grow_withmo

[RETURN TO MAIN SPEAKER PAGE](#)