

YOGA

i n s t r u c t o r s



CARLY

Certificates:

200 hr CYT Om Ananda

Areas of Interest:

meditation, mindfulness, breath awareness, philosophy of yoga, Hatha, Vinyasa

CORRINA

Certificates:

200 hr yoga teacher certification through Yoga Vidya Gurukul at the YogaPoint ashram

500 hr certification with Shambhava Yoga

Areas of Interest:

strengthening minds, bodies and spirits while seeking balance and grace

COURTNEY

Certificates:

200 hr Baptiste Power Vinyasa Certification

Areas of Interest:

I teach an empowering, breath focused, high cardio class with intention setting and inversions. The flow I teach takes students to their physical limits and allows for breakthroughs on the mat mentally and physically.

HALEY

Certificates:

200 hr RYT Yoga Pod

Areas of Interest:

mental clarity, music, themes, personal growth and balance

JULES

Certificates:

200 hr RYT CorePower/Yoga Alliance

Areas of Interest:

Pranayama, meditation, chakras, spirituality, physical/mental/sound therapy, holistic health, Yin, Hatha, Ashtanga, Vinyasa, Kundalini, aerial, acro, power



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KATHERINE

Certificates:

200 hr RYT

Aerial Yoga Training

Areas of Interest:

Vinyasa, Yin, restorative, aerial, sculpt, children's yoga

KENDALL

Certificates:

200 hr RYT CorePower/Yoga Alliance

50 hr Extensions Program CorePower/Yoga Alliance

Areas of Interest:

Vinyasa, essential oils, hands on adjustments, breathing techniques, body alignment

KYRIE

Certificates:

200 hr certification

Areas of Interest:

anatomy, dynamic sequencing, alignment

LINDSAY

Certificates:

200 hr Integral Yoga Certification with Old Town Yoga

Areas of Interest:

Yin, Hatha, meditation, alignment

MEGAN

Certificates:

200 hr RYT Om Ananda

Areas of Interest:

Pranayama, meditation, alignment, core engagement, blending Hatha and Vinyasa



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MICHAEL

Certificates:

Beginner, Intermediate & Advanced IYHT Certified

Areas of Interest:

I teach Integral Yoga one pose at a time with primary emphasis on the body-mind connection. I have experience with all levels, but tend to resonate most with either beginners or truly advanced practitioners who are interested in deepening their understanding of the principles behind the poses. I teach workshops on various aspects of the yogic path on a regular basis at Old Town Yoga, including meditation, pranayama, and yogic diet and philosophy.

NINA

Certificates:

200 hr Core Power Certification

50 hr Extension Core Power

Areas of Interest:

power vinyasa, dynamic sequencing, hands on adjustments

NORELLE

Certificates:

200 hr RYT CorePower/Yoga Alliance

50 hr Extensions Program CorePower/Yoga Alliance

Areas of Interest:

Vinyasa with isometric strength training, dynamic sequencing, hands on adjustments, pelvic floor

THERESA

Certificates:

500 hr RYT Shambhava Yoga

A.C.E. Personal Trainer

Areas of Interest:

Vinyasa, Hatha, inversions and helping students connect mind, body and breath

