



Yoga has been practiced for more than 5,000 years, and currently, close to 11 million Americans are enjoying its health benefits. The series of yoga poses called asanas work by safely stretching your muscles. This releases the lactic acid that builds up with muscle use and causes stiffness, tension, pain, and fatigue. In addition, yoga increases the range of motion in joints. It may also increase lubrication in the joints. The outcome is a sense of ease and fluidity throughout your body.

Yoga stretches not only your muscles but all of the soft tissues of your body. That includes ligaments, tendons, and the fascia sheath that surrounds your muscles. And no matter your level of yoga, you most likely will see benefits in a very short period of time.

### ***OUR INSTRUCTORS AND PROGRAMS:***

#### *ANTHONY WILLIAMS*

Anthony began his journey with yoga in early 2008. He had always had an interest in trying yoga but had not taken the opportunity until one day, at the gym, bored with his usual fitness routine, Anthony decided to try out an L1 yoga class.



Walking out of that first class he knew he had discovered something that had the potential to change his life. He felt as though his eyes were truly open for the first time and he was eager to continue exploring the beauty of the mind/body connection through yoga. The personal revelations and spiritual healing that emerged from his practice inspired Anthony to want to share the power of yoga with others through teaching. Anthony completed the Corepower Teaching Certification and began his dream to guide others in their own personal journeys through yoga. Anthony wishes for all his students to experience the peace and healing potential within themselves that can be obtained on the mat and is extremely grateful for the opportunity to be able to connect with and share his love of the practice in his classes.

#### *CLASS TIMES:*

Monday at 9:00am and Thursday at 12:00pm

#### *ANTHONY'S Hatha Vinyasa Yoga CLASS DESCRIPTION:*

In this class we flow and breathe and grow and Heal Together, learning not only the physical benefits of Yoga but the energetic and the mental as well as the spiritual (whatever that means to you). Connecting breath, movement and intention. Learning the truth about "freedom". The List is endless, friends. I am writing this "description" because the Beautiful Being that is Kris Thomas asked me to, but truthfully there is no real way to describe the journey or the experience that is yoga. So understand this; 1. Everyone benefits from yoga. 2. All "levels" are welcome, even those who have never done yoga. 3 Come without expectations, an open heart, and comfortable clothing. 4 If you are reading this, that means you are Ready. ~ Namaste (the light in me bows , honors and respects the light in You) ~ Anthony Williams~ Yoga

## *AMY PETERSILIE*



My name is Amy Petersilie. I graduated from Kasson- Mantorville High School and then attended Luther College. I majored in Health and Physical Education and minored in Athletic Training and Coaching at Luther. After Luther, I started teaching in Rochester Public School Systems. Five years ago I transferred over to Golden Hill Alternative Learning Center teaching Health, Physical Education and Prenatal Education. After working with my students for a couple of years, I realized there was a real need to find ways to teach students how to decrease stress levels, work on their breathing as well as learn ways to remain healthier. That is when I decided to get my Yoga Instructor certification. I did my training through YogaFit in July of 2010. Even though I am still fairly new at yoga, I have a great passion to help others find the love and benefits of yoga.

### *CLASS TIMES:*

Sunday at 5:40pm and Tuesday at 7:30pm

### *AMY'S Gentle Yoga CLASS DESCRIPTION:*

Gentle Yoga is for everyone who wants to increase their flexibility while toning muscle, challenging their balance, taking time to refocus and reduce stress, improve posture, strengthen immune system, lose weight and have a greater mind body connection. Gentle Yoga class will bring you through yoga poses/stretching to help you reach all the benefits of yoga. Each class will offer beginning poses for all those interested in starting yoga and progress through more challenging modifications for those who have been practicing yoga or desire a greater challenge.