



YOGA LOFT PRESENTS

Massi

Wednesday @ 7 pm

Beginning 2/4/09

She has been practicing yoga since 1999, completed a teacher training, participated in a mentorship program and assisted in Therapeutic Workshops at YogaWorks. She continues studying and working closely with senior teachers.

As a Yogini and a teacher she pulls from multiple yogic disciplines, and is both intuitive and steeped in the traditional aspects of yoga.

Her classes focus on range of motion, balance, spine wellness, and core strengthening.

Cultivating the breath as a tool to strengthen the body, as well as calming the mind.

She encourages students to work at their own pace in a safe and transformational environment.

"WE CANNOT TEACH PEOPLE ANYTHING; WE CAN ONLY HELP THEM DISCOVER IT WITHIN THEMSELVES." GALILEO GALILEI