

FANNY PRIEST

EDUCATION: BA Honors in English and Creative Writing from Concordia University in Montreal, Canada.

CERTIFICATIONS:

200 hour certification from Yoga Yoga in Austin; currently pursuing 500 hour certification through Yoga Yoga, which will be completed by the end of 2010. Received specialized training in Prenatal Yoga, Injury Prevention, Teaching Private Lessons, and Teaching Pranayama. Has studied with Gary Kraftsow, Donna Farhi and Paul Grilley.



REGISTRATIONS: Yoga Alliance Registered Teacher at the 200hr level.

Morning Hatha: The intention for this class is to get your body moving and to get your mind clear and focused so that you can take on your day feeling revitalized and balanced. We will start with some gentle warm-ups, then work our way up to standing, where backbends and movement flowing with the breath will be our main focus. We will close out our practice with a refreshing relaxation period (*savasana*) to give our bodies time to integrate the benefits of the practice.

Gentle: The intention for this class is use gentle movement to stretch the body and allow you to connect with your breath, before spending a good portion of the class in one or more restorative postures. We will explore some elements of Yin Yoga (long-held passive postures) and Yoga Nidra (deep relaxation).

DAY/TIMES: Morning Hatha, Mondays at 9am; Gentle Yoga, Thursdays at 4pm. Classes are 75 minutes long.

FEES: Single class, \$12. 5-class pass, \$55. 10-class pass, \$100. Class passes are valid for 6 months.