

DAVID VON MILLER

David is one of the Founding Members of Yoga and Health and serves as the Treasurer. He has been practicing Yoga for 15 years and worked as a Licensed Massage Therapist for 5 years. David is a registered Yoga teacher completing his 200 hour training through Yoga Yoga, Austin, Texas in August, 2008. David is a member of the Yoga Alliance. His class is taught in the Hath Yoga tradition and emphasizes building strength and increasing flexibility.



Class time: Tuesdays 6-7:30 pm starting January 26th, 2010

Class description: Yoga and Health Yoga Flow

Beginning series and knowledge of Sun Salutation are prerequisites for this class. This class is not appropriate for people recovering from illness, injury or surgery. It may not be appropriate for people with chronic health conditions. This class incorporates asana from the beginner and intermediate series with a greater focus on harmonizing the natural breath with the movement. The class begins with yogic breathing and meditation. The student is then led through an asana series. The class will end with deep therapeutic relaxation.