

Breathe~Love~Transform

**Transformational Yoga
with Anne Marie**

Yoga is an Ancient Art & Science brought to Life
with every deliberate Breath, Thought and Movement~
An *amazing* Transformative Tool and Support System
for your unique Journey, Life and Path:
A Personalized and Living Blessing



Yoga begins with curiosity, hope, perhaps necessity or desperation, a desire for change,
an observation, resolution or recommendation...and a modicum of courage...

then meets and embraces you wherever you are~

The Truth, Beauty, Mystery and Design of Yoga is:
Yoga does the real Work~

***Through the practice of Yoga, we play with Energy
so Energy can play and transform us~!***

Ignite your transformative and restorative capacities with Transformational Yoga, my potent Soul-Sparking Offering for profound Transformation through the postures of Yoga, the healing power of Sound and complementary energy traditions. Awareness, Resilience, Stability, Flexibility, Comfort, Balance, Wisdom and Illumination are the fruits of our practice, expanding the possibilities as you free the range of motion and potential of your Mind, Body, Spirit, Heart and Soul...cultivating Union with the Divine within.

Teaching since 2003, Transformational Yoga is my eclectic, intuitive blend of Hatha Yoga, Kundalini Kriya, Yin Vinyasa, Qi Gong, Breath Awareness, Grace and Neuroscience along with other expressions of Liberating Movement, Meditation and The Gong. Grace-filled Flow and sustained Surrender encourage your Body's innate Wisdom and healing capacities to flourish and guide you to Freedom, Comfort, Awareness, Vitality and more.

During Transformational Yoga, I skillfully and mindfully guide you through a Heartful, appropriate, adaptable, engaging series of movements and positions called postures, poses or asanas>ah`suhnuhs. We attend to key components of healthy alignment, offering alternatives when beneficial without suffocating the Spirit of your experience. These postures or asanas have names in Sanskrit (the language of Yoga), but I say them in English and Sanskrit. (E.g: Triangle/*Trikonasana*). I prefer the terms "asana or posture"; "pose" sounds theatrical, static, pretentious and does not convey the Spirit of Yoga.

Throughout Transformational Yoga, I employ therapeutic retention of asana, movement, kriya and guidance to clear and strengthen the nervous system and architecture, foster neuromuscular re-patterning, embrace the emergence of sensation and equanimity, allow internal understanding of alignment and cultivate Energy, Wisdom, Resilience and Freedom.

♥It may appear we are 'stretching' our physical structure, but what we are *really* doing is cultivating, releasing and/or rehabilitating the Energy that animates the Body, Mind & Spirit.

~We play with Energy so Energy can Play with Us~

That's exactly how it is in yoga. The places where you have the most resistance are the places that are going to be the areas of the greatest liberation. ~Rodney Yee



When we practice Yoga in a deeply deliberate way, with sincere intention and attention, we purge samskaras, which are mental, emotional and physical residues and associated limitations....to connect with who you truly are....beyond sensation and duality.

"I can't do Yoga, I'm not flexible" and "Yoga studios are for people who know how to do Yoga" are common declarations, among others. I completely relate; I felt that way when approaching 40 and actualized a 2003 New Year's resolution. That day literally changed my life. I realized This is the ticket to Freedom and that all ages and levels of ability and familiarity can begin, learn, practice and benefit from Yoga. Recalling from college:

"...from each according to their ability; to each according to their need..."

Yoga is exactly that. You will be *amazed* as you experience how accommodating and nourishing Yoga is, how forgiving and spacious your Body is and how quickly Yoga transforms the quality of your mind, body, Spirit and life. Initial trepidation is OK~! Many have felt that, and many would agree: Just show up, apply compassionate effort, breathe deeply, focus internally and feel the Grace of expanding into new territory...as you become acquainted with the territory within~!

***There is space and possibility for Everyone
in the compassionately adaptive, infinitely adaptable
nurturing practice of Yoga***

*It just feels GOOD to be proactive... to care for your Precious Self through Yoga,
feeling more Connected to and Conscious of its
miraculously dimensional design, functions and purpose*

With great Respect and Love, I honor the Individual with a supportive, enjoyable, uplifting, practical, accessible approach to encourage attainable and sustainable integration of Yoga into one's Life. I am dedicated to offering useful, Inspiring guidance in support of your Awareness, whole-ness and deep Well of Being for a fulfilling experience. My Heart *sings* when someone comes to Yoga for the 1st or 50th time with Hope, Courage and Curiosity. Maybe substantial challenges, physical or otherwise, are guiding you to Yoga as the antidote for your pain....to nurture Body, Mind, Heart and Spirit. Trust that inner nudge.

My Intention is to cultivate a welcoming, IN-spiring atmosphere for a Moving Meditation within an encouraging, safe, conducive environment for **INNERcise:**
a robust **'work-in'** instead of a 'work-out'

Together we cultivate the **Yes!** in our Breathing, Bodies, Minds & Hearts...
and our Soul, Spirit and Presence blossom and thrive~

Reading the room, I modulate a variable pace and consistent depth that is comfortable, steady and transformative for you: Grace-filled Effort balanced with sturdy Surrender; giving with sincerity, devotion, purpose and compassion that which we wish to cultivate: **Freedom~**

Following our moving practice, we enjoy a short Meditation. Considered the "jewel of the practice of Yoga", Meditation unfolds more comfortably and capably when our moving practice winnows out the chaff of restlessness and resistance.

"Prayer is talking to God; meditation is listening to God."



Our collective efforts are rewarded by the always anticipated yumminess of Savasana (reclined or seated relaxation), gently serenaded by The Gong. Savasana, the important final phase of practice, may look motionless and serene, but within you transformation is unfolding *exponentially*—every time. The transformative energies and re-creative intelligence within you dance dynamically within you while you relax into the moment and absorb the lovely celestial sound currents of The Gong. Savasana is a Blessing, a gift that keeps giving. No matter your time constraints, *always* reserve time for Savasana after Yoga.

The Soul-Body & Spirit have *very* different ideas of 'success' than what the Ego-Mind's Agenda often does...

We don't drag Yoga toward a goal...*we let it carry us to Freedom~*

Yoga is a dynamic, potent, and empowering tool to nurture a loving, creative partnership with and respect for the wisdom of your Soul-Body & your Inner Teacher:
the Journey is as unique as you are~

Yoga is a Living Laboratory of Inner Exploration, Evolution and Revelation, a practice of and for Awareness....a continuous export to EVERY facet of your Life~! Consciousness, Grace and Energy expand as Yoga quietly and efficiently purges inner negativity, discomfort, resistance and residues of illusion...illuminating and liberating the Truth of your total Self.

~Yoga is like doing your physical, mental, emotional and Spiritual laundry~

As many have said before me, there is no singular destination in Yoga; it is always a gateway. The purpose of the active sequences of Yoga is to activate and cultivate the Energy of a Meditative Heart and Mind for communion with pure Potential and the Infinite. The ideal of "perfection" is simply living each moment as an expression of your authenticity.



Central Texas is blessed with diverse studios, talented teachers and accommodating styles of Yoga. Searching online or through your network should yield some suggestions for a suitable and experienced Teacher should my approach not resonate with you.

I am very grateful for the opening of Flow Yoga in Georgetown, Texas~and its wonderful variety of classes, gifted teachers, Gong-friendly events and dedication to Community.

Namaste'♥

Yoga is waiting for you to give it an Opportunity to make reverberating contributions to your Life~!

It gives back SOOO much more than it ever takes from your schedule:

♥Yoga is a Gift that Keeps Giving ♥





Practical Tips for Yoga Practice

- ♥ For comfort and efficacy: non-restrictive, non-annoying, breathable clothing that stays in place when you move and fold forward
- ♥ Yoga mat—it *does not need to be one that costs a lot of \$\$~!!*
- ♥ Blanket or cushion for knees or seat
- ♥ Small towel if hands or face get sweaty
- ♥ Band or barrette for hair
- ♥ Clean bare feet or non-slip socks (shoes are removed before entering the room)
- ♥ Kleenex for Breath of Fire
- ♥ Water
- ♥ A well-hydrated Body that enjoyed a nourishing meal about 2 hours before Yoga
- ♥ Pen & paper since clarity and creativity naturally arise from your Yoga practice
- ♥ Through your practice of Yoga, you may benefit from additional proppage: blocks, bolster, swim noodle, eye pillow, stones, etc.
- ♥ Cell phones are invited to be silenced and as far from your yoga mat as possible~!

Initial or occasional soreness is not unusual as density releases, Energy awakens and flows, and the neuro-myofascial web expands and enlivens. Relief, warmth or discomfort may arise from being in a new position, or toxins and weakness leaving the body and Energy invigorated.

Emotion (energy in motion) may arise as the Body opens, reconnects and releases, as it did for me with certain postures. At first confused and disoriented by those unsettling experiences, I grew into an understanding of Yoga's ongoing liberating, evolutionary process and the fact that *The Body Keeps the Score* (Bessel van der Kolk).

Pain is *not* a normal part or goal of Yoga. Pain is a messenger, your Body's precious way of communicating with and taking care of you. The Body isn't being unreasonable or inconvenient with its feedback of pain. We want to *listen* and *respond* when the Body whispers rather than it resorting to screams to receive your attention~! Adjusting, backing off or opting out of a posture with an alternative or Child's Pose is a healthy response to pain. At any time during a class or afterward, we can see if it is merely an issue of alignment.

Especially if you are meeting or rehabilitating history in your Body:
...the slower you go, the faster you will improve, heal and transform...
...with consistency over time with compassion~

Typically, a Yoga class is an hour (mine are longer), but please don't think that any less is not worthwhile. If all you have is 5 minutes, then with all available enthusiasm:

YOGA~!!



Your Being will *sparkle* with your Blessing of Love & Care, no matter if abbreviated~!

With Love, Wonderment & Gratitude,
Anne Marie

Breathe~Love~Transform
Did you say *Yoga~?*



- Yoga cultivates Inner Harmony, Flexibility, Balance, Strength, Focus, Stability, Endurance, and greater Awareness of Breathing and Posture.
- Yoga profoundly improves Quality of Sleep and Depth of Concentration by clearing, calming and centering the Mind, Body and Total Being.
- Deeper than those aspects, Yoga helps us understand and live the Mind~Body~Soul connection: we truly are a *relational database*; intrinsically equipped with Pure Potential, without end or beginning.
- Yoga gently eases Emotional, Mental and Physical Stress out of your Body and Mind, enhancing one's Ability to Relax more Completely...and Heal.
- Yoga Revitalizes, Cleanses, Energizes, Restores, Activates, Nourishes, Empowers~
- Yoga balances Brain Chemistry for natural and sustainable Mood Management and Stabilization.
- Yoga is amazing for rehabilitating the vital Vagus Nerve and its many functions.
- Yoga strengthens the Body's Immune and Glandular Systems.
- Yoga supports those seeking relief from and resolution of Post-Traumatic Stress.
- Yoga stimulates Personal Growth and Capacities through Awareness, Internal Attunement, Clarity and Discernment.
- Yoga is an *excellent* adjunct for Addiction Recovery.
- Yoga is a Journey of Self-Discovery and Transformation, practiced for YOUR Highest Benefit and Intention, not the Teacher's.
- Yoga is a wonderful Complement to any physical activity, as well as a Great Beginning.
- "But I'm not Flexible" is the PERFECT Springboard for Yoga~!
- Yoga prevents the need for so many Massages--Bodywork from the Inside>>Out is *soooo much more effective~!*
- Yoga is a Tool for Healing various aspects of pain, separation, disappointment, trauma and discomfort, encouraging Understanding, Self-Acceptance and Forgiveness.
- With Yoga, the Body~Mind~Heart are freed to enjoy their natural Potential, Harmony, Consciousness, Beauty, and Love.
- Yoga develops Patience, Compassion, Perseverance, Empathy, and Self-Love.
- Yoga fortifies your Light Body: the Energy Template of your Being.
- Yoga re-connects us to the Purpose and Potential of our Divine Design.



Private Yoga Sessions are wonderful trailheads for your personal Journey. Whether you are just arriving or have many miles of practice within you, investing in Yoga tailored to your needs and interests reaps extensive benefits. Your interest could be Basic Yoga, gaining confidence in studio practice, or understanding alignment, or insight into practice or posture issues, mobility, flexibility & balance, or you have an issue that imposes on the comfort of your practice and function of your Being, or as a somatic strategy to support cognitive therapy, recovery, self-regulation or weight loss... or just for the pure JOY and miracle of it~!





Posture Rx

Posture exerts substantial influences on the function of our Bodies, not to mention our general sense of 'Self' and the unspoken messages our Posture communicates. Our spine (really our musculo-skeletal system) is an amazing architectural wonder designed to protect our vital organs and their functions (for example: digestion), organize and distribute Energy as well as support safe and supple freedom of movement. Even moods speak through Posture, and interestingly, are influenced by our Posture, too.

I'm passionate about Posture and love assisting your functional Potential~!! I make learning about Posture and its reverberating effects and benefits enjoyable and meaningful.

Join me for a personalized session of Posture Empowerment~!

In your 60-minute session, you will receive specific Life-enhancing postural insights, Awareness of postural habits and their effects and prescriptive lifestyle recommendations and practices to liberate the comfort, function and expression inherent in your own Body. Simple yet profound in impact, purposeful postural practices can be applied in all the ways you live and love Life....and meet the World.

You'll never hear me say "Stand up Straight"--rather:
Liberate the Function and Freedom in your Body~!

Don't let the World and its designs determine your Posture & Attitude

This suggestion, along with your Awareness and implementation, can transcend the merely physical to morph into an empowering metaphor influencing the Mental, Emotional, & Spiritual Energies of your Consciousness as well. Assert yourself on behalf of your Body's Brilliant and Functional Design & Purpose....

Liberate the Breath and Support the Natural Curves of your Spine
and the Innate Intelligence of your Soul-Body~





Anne Marie's Noteworthy Yoga Trainings, Immersions and Workshops (all in person)

Living Yoga Teacher Training Program

Integrative Restoration— IRest (Yoga Nidra) Training with Richard Miller

LifeForce Yoga for Depression & Anxiety Practitioner Trainings with Amy Weintraub

Relax and Renew Restorative Yoga Training with Judith Hanson Lasater

Structural Yoga Therapy Immersion with Mukunda Stiles

Structural Yoga Therapy and Beyond with Gary Kraftsow

Power Vinyasa Yoga Teacher Trainings with Baron Baptiste

Anusara Yoga Immersions with John Friend

Gurmurkh and Gurushabd Kaur Khalsa

Yin Yoga with Paul Grilley

Restorative Flow with Donna Belk

Warriors at Ease: Trauma-Informed Training for PTS, TBI and special populations

Street Yoga--Accessible, Trauma-Informed Yoga for the At-Risk & Underserved

Ageless Grace---21 Tools for Lifelong Comfort

Leslie Kaminoff - The Anatomy of Breathing

Yogi Shanti Desai

Ramanand Patel and Pandit Mukesh Desai

Gurucharan Singh Khalsa

Siri Bahadur and Mehtab

Gong Workshops at Yoga Yoga, Austin

Erich Schiffman

Donna Farhi

Nischala Joy Devi

Sally Kempton

Joan Borysenko

Shiva Rea

Seane Corn

Rod Stryker

David Swenson

Anodea Judith

Cyndi Lee

Ron Alexander

Ayurveda with Robert Svoboda

Qi Gong with Jamie Wu

Vocal Awareness with Arthur Joseph

Foundation for Shamanic Studies

Former Massage Therapy Certification

Usui & Karuna Reiki Master-Teacher Training from 3 Reiki Master-Teachers

