



THE CENTER

*A sanctuary for healing
a spa for wellness*

DETAILS



Instructor

TERESE VERLEY STRODEL

"be quiet inside
to hear the lotus
open its quivering bud"

The Center

**1 Hoffman St. Suite b
Auburn, NY 13021**

**Pre-registration &
Advanced Payment
required.**

**Contact The Center @
315.704.0319**

TheCenter4Wellness.com



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Therese Verley Strodel has been practicing Yoga since 1984 when she took a prenatal yoga class. Over the years, she has explored an assortment of yoga: prenatal, kripalu, power, iyenger, jivamukti, vinyasa, restorative, integral and gentle yoga. Therese has maintained a daily practice for the past decade.

Therese completed her required 200 hours of training at East Street Yoga Studio in Skaneateles and received her Yoga Instructor certificate in December 2008. She is Yoga Alliance Certified.

She has been teaching gentle yoga for the past two years at various community centers, and volunteers at local schools teaching yoga to "at risk" girls.

Therese's yoga practice has evolved over the years and currently her practice is a form of gentle yoga stretching in all directions while being meditative, slow moving, and spiritual. There is a bit of chant and a 10-15 minute savasana at the end of a 1 1/2 hour class.

Yoga is the union of body mind and spirit creating a deep sense of peace and equanimity. Listening and honoring your body is key to Therese's teaching.

CLASS SCHEDULE

Mondays, July 19th - Aug 23rd

5:00 -6:30 p.m.

6 weeks \$78.00