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## Yoga: the Art of Experiencing You!

**Instructor: Debbie Padnuk R.N., E-RYT 500**

**Tentative:** Session 3: April 13 – June 29, in the gallery.

\$110/\$125 for 12 or \$13/\$15 per class.

(Beginner/mixed level)

Yoga- The Art of Experiencing You! *"Both yoga and art aim at the same thing, that is, to re-establish our personal connection with the world around us according to our own inner creativity."* - Dona Hollemann, author and yoga teacher. With yoga postures (asanas), breathing (pranayama) and meditative practices, we'll explore how this marvelous vehicle (a.k.a- you!) functions. Then, go beyond that neck tension, backache, or stressed-out mind to relax into the peace and equanimity that lies beneath. Experience the joy & creativity of being...you!



Debbie Padnuk began teaching yoga in 1998 after training with Joseph LePage of Integrative Yoga Therapy. She continued her studies with IYT at the 1,000hr level in 2003. For the last two years Debbie has studied advanced principles of Integrative Restoration (Yoga Nidra) with Richard Miller, PhD. She is a member of The International Association of Yoga Therapists and is registered with Yoga Alliance at their highest level, E-RYT 500. She is also a Registered Nurse in the State of Florida. In addition to teaching classes and private sessions at various locations in Lee County, she has worked with the Boston Red Sox and has assisted in teacher training programs.

## Alliance for the Arts

10091 McGregor Blvd., Fort Myers, FL 33919

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