

## **Kathy Breen; MEd, WSI, CPR, Certified Kripalu Yoga Teacher**

Resident of Bolton, Owner and Instructor-- **Jinpa Metok Yoga Studio**. Teacher of the Year 2010 Semi-Finalist and retired teacher, theater coach, certified Kripalu Yoga Teacher, and WSI. Known to her students and clients as energetic, creative, passionate and compassionate and able to create programs that compliment, spotlight, exercise and develop a sense of achievement, happiness, well-being and confidence. Her style of teaching assures that those who believe "I can't do yoga" to those who believe "I can't do without yoga" and everyone between will experience marked health benefits and increased energy.

Kripalu Yoga combines Hatha, Karma, and Bhakti traditions having been introduced to Westerners by Swami Kripalu of India and based on the ancient texts of Pantanjali who believed the "yoking" of body, mind and breath restores natural body alignment, clarity and compassion in those that practice.

In my own 20 years of practice and in teaching clients and classes, participants report feeling: *"strong...relaxed...aware of muscles not often used...like I had a workout...refreshed...balanced...restored...focused...strong...like that was fun...let's do it again!"*

Classes last between one and one and one half hours long including "savasana" or "final relaxation" which is an essential part of any yoga session. Classes will also touch on nutritional health, centering, and meditation to meet the rich interest of the town surrounding issues of intergenerational, family, individual health and general well being.

Monthly workshops will include focus on specific yogic methods of dealing with issues such as tension, neck/back pain, wrist and joint pain, enhanced breathing, and any other issues participants wish to explore.

