



Anastasiya

My Path To Yoga

"Yoga teaches us to cure what need not be endured and endure what cannot be cured." B. K. S Iyengar

Anastasiya is very happy to be back to Studio Jear! I can say that Yoga has saved my life. She has 10 years of direct yoga experience. Anastasiya holds a SWC fitness yoga certification and International Yoga Therapy certification.

She enjoys teaching different yoga styles, but her favorite one is an Lyengar yoga and Yoga Therapy, because she says "It cures." She got into Yoga when she was suffering from asthma, bronchitis and chronic back pain. Yoga happened to be the only relief for those ailments. Since then Anastasiya has been committed to Yoga. She also always keeps a promise to her Yoga students: "No pretzel poses!"

Anastasiya invites everyone to join her for Meditation Yoga on Wednesday nights and Saturday morning Yoga.

Check Studio Jear monthly class calendar on the below website to see which weeks Anastasiya is teaching @ Studio Jear

WEDNESDAYS – 7:45PM to 8:30PM – MEDITATION YOGA WITH ANASTASIYA
SATURDAYS – 8:00am to 9:00am – THE YOGA EXPERIENCE

www.zumbajear.com