

***Yoga is an art,  
a science & a philosophy.***

*- B.K.S. Iyengar*

108

**Namastes!**



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# यमनियमासनप्राणायामप्रत्याहारधारणाध्यानसमाध्योऽष्टावङ्गानि

Katrina R.Y.T., is a student of Iyengar Yoga and has successfully completed the Iyengar Yoga Assessment for Introductory Teachers (Level I). She actively is pursuing the Iyengar Yoga Teacher Certification (Level 2). Katrina's style of teaching is based on her Iyengar yoga studies. This tradition uses various props, such as blankets, blocks, belts, and chairs to aid in the learning of asanas, or postures. The props also allow for the individual needs of students to be met in each asana, so that every student can receive the benefit of the asanas. Classes that follow the Iyengar tradition are sequenced in a fashion that allows the student to develop strength, flexibility, concentration, and correct body alignment.



**Yoga helps to keep one's body & mind in tune with the essence, the soul, so that all three are blended into one.** - B.K.S. Iyengar



*Katrina teaches yoga classes at 3 great yoga studios around the Lehigh Valley!*

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