

LIZ FITZGERALD



Om shanti, shanti, we have arrived!

Liz Fitzgerald didn't enter a yoga studio until she was almost 50 years old when the desire for a sustainable form of exercise prompted her to give yoga a try. Skeptical, intimidated, and a bit unsure, Liz entered that first class with many of the same fears we all carry with us. But what she left with proved far greater than just a sustainable, yet physical form of exercise. Yoga was literally a dream come true— a physical and philosophical practice that empowered Liz with strength, clarity, and joy. *I instantly fell in love with yoga. It was basically love at first vinyasa.*

Join Liz as she guides you through the healing journey that is yoga. Adaptive and inclusive (*yoga for the people!*), Hatha and Vinyasa yoga are restorative practices that emphasize a gentle balance of strength, flexibility, and attentiveness to one's breath. Each powerful yet deliberate pose flows in a calming rhythm of movement meant to improve flexibility, strength, balance, digestion, stamina, and overall health. Liz's class embraces a body-friendly philosophy in which all students—no matter age or ability—can achieve success. Life is challenging and difficult enough. Yoga allows us to physically and emotionally release the stresses of the day in an embracing, supportive, loving community.

Credentials

- ॐ E-RYT (500 hours)
- ॐ Hatha yoga certified (500 hours)
- ॐ Vinyasa yoga certified (500 hours)
- ॐ Reiki and Thai yoga massage
- ॐ Yoga Alliance certified
- ॐ Advanced training yoga therapy