



Brewing Generosity:

Brie Michalik's Yoga Mission for All!

By Bridget Hobart

Nestled in the heart of Longmont, amidst the clinking of glasses and the hum of conversation at Left Hand Brewery, something serene unfolds every week. Meet Brie Michalik, a passionate yoga instructor and advocate for the community, who brings the calming practice of yoga to unexpected spaces, specifically, Left Hand Brewery, her favorite local brewery.

Brie, a vibrant and dedicated young woman in her early thirties, has been practicing yoga for over a decade. After completing her yoga teacher training, she found herself drawn not only to the physical benefits of yoga but also to its potential to foster community connection and mental well-being.

Every week, on Thursday evenings, Brie transforms Left Hand into a Craft Yoga sanctuary regularly, offering indoor sessions year-round and outdoor sessions from spring to fall. Participants of all ages and fitness levels trickle in, greeted by the aroma of hops and a sense of camaraderie. The sessions are designed to be inclusive and beginner-friendly, focusing on gentle flows, breathing exercises, and mindfulness techniques.

Craft Yoga is Brie's trademarked brand name. She sent a pitch email to about ten breweries, and while she received several immediate rejections, Left Hand Brewery responded right away, expressing enthusiasm, "I wanted to make yoga accessible to everyone, regardless of their background or experience," Brie explains with a warm smile. "When I approached Left Hand Brewery with the idea of hosting free yoga sessions, they were incredibly supportive. It's been a wonderful collaboration."

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For Brie, instructing yoga has never been about making a lot of money. Brie shares, "It's about creating a space where people can consistently practice yoga without worrying if they can afford it or not. I want them to have this opportunity where they can practice yoga and disconnect from their daily stresses, connect with themselves, and build connections with others in the community."

Beyond the physical benefits, Brie emphasizes the mental health advantages of practicing yoga in such a laid-back environment. "Combining yoga with the ambiance of the brewery creates a perfect blend," she notes. "It's about finding balance in all aspects of life."

Brie states, "I absolutely love the Longmont community. My daughter, Evey, who was born and raised here, has spent her entire life surrounded by its warmth. She started high school this past fall, and I couldn't be happier that she's growing up in such an amazing place. I moved to



Longmont when I was seven months pregnant with her, thinking it would be temporary, but I quickly realized it was our forever home. I'm incredibly proud to have established a lasting home for us both in a community that truly feels like the best place in the world."

As one of her sessions draws to a close, participants roll up their mats with relaxed smiles, exchanging friendly farewells over freshly brewed pints. In a world often bustling with noise, Brie's initiative through Craft

Yoga stands as a testament to the power of yoga to harmonize mind, body, and community - proving that community can indeed be found in the most unexpected of places. "Craft Yoga and Left Hand is a vibe. I invite you all to come and experience that," Brie states proudly.

To learn more about Brie's Craft Yoga please visit: www.briescraft.com