

Shannon O'Reilly - RYT, LMT

I completed 200 hr teaching certification in an alignment-based hatha practice. I completed this in 2006 and became a Registered Yoga Teacher with the Yoga Alliance. I am currently about to finish up my second 200 hr teacher training in the Anusara Tradition, which also has a strong foundation in alignment. I have independently studied under teachers with influences of Ashtanga, Power Vinyasa, and Kripalu.

I am also a licensed massage therapist and have been practicing since 2002. I work primarily in therapeutic and neuromuscular therapy and always seem to include relaxation in every session. I have a deep understanding of the human body and I use this knowledge to guide my students in Yoga as well. Ma 43825

The Vinyasa or Flow practice is the thread that I weave into my alignment classes. I like to get the body and breath synchronized into a beautiful flow. In my Flow classes you can expect to move through many sun salutations and a variety of asanas (poses). You will have a chance to practice balance poses and core strengtheners in every class. The practice will include pranayama or breathwork, this is vital to deepening our spiritual connection as well as an incredible boost to our overall mental and physical health. The flow class is for experienced students that have a basic understanding of alignment.