



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Private Yoga Instructor

## GLENWOOD PARK YMCA

### PATRICIA

#### Ayurvedic Health Counselor, ERYT-500

The Himalayan Institute; recognized  
through the National Ayurvedic Medical  
Association (NAMA)

15+ years (2,300+ hours) Teaching Yoga

500+ Hours of Training



I started a chair yoga program through the National MS Society over 15 years ago. I've been teaching at the Glenwood and Downtown YMCA for 9+ years, and teach private yoga and group classes at other various locations in the Erie area.

What got me interested in yoga was the wisdom and philosophy, the physical practice came years later. My favorite yoga pose varies, but I really enjoy standing poses and my favorite equipment is a sandbag. The sandbag is laid on the abdomen and is a reminder to breathe there.

I have a daily routine and I motivate myself to stay fit and healthy by realizing I don't want my children to have to take care of me because I didn't take care of myself when I could. My best tip for staying healthy is to eat fresh, local food in season whenever possible and my secret method is to always pause and take a deep breath.

"Every pair of eyes facing you has probably experienced something you could not endure." -  
Lucille Clifton

A reminder to be kind, you don't know what that person is dealing with.