

YOGA WITH AMY



Let go of stress, rejuvenate and connect to your true spirit by giving yourself the gift of yoga!

Rocky Point Location
www.MyYogaWithAmy.com

Combining an eclectic blend of various yoga traditions, Amy weaves alignment based yoga poses, slow flowing sequences, breath work, relaxation, aromatherapy, meditation and chanting in her classes. Gently infusing yogic philosophy, Amy encourages her students to embrace yoga on and off their mats. Our intimate classes are for all levels where modifications are always encouraged and personal attention is the focus.



Amy Perri, ERYT500 has been teaching yoga for nearly ten years, operating a fully equipped yoga room in Rocky Point as well as leading area workshops, community events and public classes.

YOGA ROOM
TUESDAY 930AM
WEDNESDAY 715PM
FRIDAY 930AM

(SEE WEBSITE FOR
ADDITIONAL AREA
CLASSES)

SUGGESTED EXCHANGE

\$12 Walk In
\$55 Five Class Card
\$100 Ten Class Card
(One Year Expiration)

SERVICES OFFERED

Private Sessions
Reiki Healings
Reiki Attunements
Aromatherapy
Meditations
Philosophy Talks
Group Book Studies

YOGA ADVENTURES

Yoga Retreats
Fundraising Events
Yoga on the Beach
Yoga Hikes
Yoga & Acupuncture
Workshops
Live Music & Yoga
Chanting