

Gentle Chair Yoga Flow

This class will take you through practical postures that you can easily incorporate into the workplace. This flow is specifically designed to release tension, especially in areas that are prone to extra tightness from the stress of our jobs. There will be a short guided meditation session at the end. Feel more balanced, calm, and at ease after this fun class!

Amy Hall, PharmD

Amy's seeds in yoga go back many years, but were fully rooted in the last few after reaching a turning point in life. She was certified as a yoga instructor while living in Juneau, Alaska in 2015 then went to Indonesia for a month to study yoga and eastern practices. She has since travelled to India the last three consecutive years to further deepen her studies. She believes in the fusion of modern medicine with certain proven ancient techniques (i.e. yoga) to accomplish our fullest health potentials. She practices Ashtanga yoga every day. She has practiced pharmacy for 8 years and has been happily employed at ClearSpring Pharmacy since moving to Denver in late 2018.