

# AMBER FITZGERALD

(SHE / HER)

*"Yoga has changed my life and the asanas are just a small part of its contribution. Yoga enabled me to bridge the gap from my fears to my capabilities and has shown me my worth. I want more than anything to help people overcome obstacles and feel nothing short of amazing about who they are!"*

Amber aims to inspire students to find their most authentic selves on the mat, and motivate them to take what they learn in class into their daily lives. Although some of her classes may be vigorous, you will find that they are for everybody, and many layers of modifications are available for every series.

Amber enrolled in her first YTT program in 2018 to deepen her practice and invest time into her spiritual journey. She knew she would dedicate her life to sharing this sacred gift to others upon completing that first program! Amber has now taught over 1,000 yoga classes, helped facilitate and assist yoga retreats, and hosted multiple events for herself and others. She has been involved in numerous YTT and continuing education programs, guiding others on their instructor journey. Shortly after completing her 300 hour training, Amber spent time in India studying yogic roots and now has over 700 hours of yoga education.

Off the mat, you can catch Amber singing in multiple bands around Northern California. She also loves to travel and cuddle with her 8 pound Yorkie, Bayou. She loves having fun and you will get a sense of that through taking her classes!

-

Vinyasa Flow 6:30-7:30pm Thursdays

