



# YOLATES GROUP PERSONAL TRAINING WITH KARINE

(One-on-One also available)

**KARINE POGOSYAN-MYRMOE, M.Ed., E-R.Y.T.**

**SESSION: JULY 18 – AUGUST 10**

MONDAYS AND WEDNESDAYS

12:10-12:50PM

MEDITATIVE STUDIO

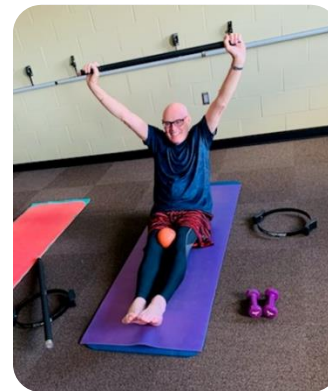
MEMBERS: \$170

NON-MEMBERS: \$220

Registration starts: Mon. June 27

Aberdeen Family YMCA

Space is limited!!!



Yolates: Yoga, Pilates and everything in between to accommodate all fitness levels with modifications for every exercise. Your body and mind will be challenged with strength enduring sessions, filled with joy, elevation and lasting results! Equipment usage is optional: preferably to use but up to individual preference. May include ankle weights (1-2 lbs), Pilates rings, dumbbells (2-5 lbs)

Karine is currently pursuing Doctor of Philosophy in Psychology with an emphasis in Performance Psychology from Grand Canyon University. Karine's interests in research include integrative approach to well-being, which includes healthful nutrition, positive mindset and robust physical well-being. In particular, she intends to explore further the relationship between nutrition, mental and physical well-being and impact it has on outcomes in the workplace.

- Experienced Ashtanga Yoga Certified Teacher, Registered by Yoga Alliance Professionals
- Yoga Therapy (Certification at Yoga Loft, Willmar MN)

