



# YOLATES GROUP PERSONAL TRAINING WITH KARINE

(One-on-One also available)

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

## PERSONAL TRAINING

MONDAYS AND WEDNESDAYS

12:10-12:50PM

MEDITATIVE STUDIO

MEMBERS: \$170 (per month)

NON-MEMBERS: \$220 (per month)

For more information, email:  
[tmeier@aberdeenymca.org](mailto:tmeier@aberdeenymca.org)

Aberdeen Family YMCA



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)

