



DE-STRESS WITH GROOVY YOGA!

Have you ever wondered if there is a way to . . .

- De-stress your life?
- Uplift your mood and balance your emotions?
- Find more energy?

De-Stress with Groovy Yoga is a 60-minute dynamic & organic hatha yoga practice that introduces weekly themes, inspiring stories, and yogic wisdom to guide the way to clarity and peace at a time when our life's currents can be swift and overwhelming. Don't push against the river; let it take you to new places.

We create a safe and open environment where laughter and acceptance is encouraged, and students feel comfortable exploring new postures. Combining asana practice, pranayama (breathing) and meditation, each class is uniquely structured to meet the needs of the students. Skillful instruction and thoughtful assistance gently guide each student towards reaching the next level in their personal practice.

Donations only – you pay what you wish or can afford (\$10 suggested)

Open to the public, no previous yoga experience necessary.

~ 10% of proceeds will go to local charity Project Compassion, which provides in-home care services to end of life patients & families ~

Class size limited to 12 students. You may want to email Crys Rivers at crys@groovyvogi.com in advance to confirm your place in class.

About Crystal Rivers, E-RYT

Groovy Yogini, Designer, Traveler

Crystal Rivers ("Crys") finds great joy in empowering her students to be their own best teachers. She encourages her students to stay mentally and physically flexible, taking the best of yoga beyond the mat and into their lives. Her wish for her students is that they discover their inner confidence and wisdom, while not sacrificing their humor and playfulness. "If people can exist in the world feeling more comfortable in their own skins – happy, at peace, and physically strong – then surely they have more energy to make a positive impact on the external world."

With well over 1,000 teaching hours, Crys has been designated by Yoga Alliance as an Experienced 200-hour Registered Teacher, or E-RYT 200. She received her yoga teacher training in 2003 from Stephanie Keach, director of Asheville Yoga Center. These days, Crys' nomadic nature has led her to study with many gifted teachers around the globe. She has been invited to teach in 3 countries over the last year, including India and Spain. Crys has a law degree from the University of North Carolina at Chapel Hill, a business background, and currently puts those skills to work in running her own yoga-inspired venture, Groovy Yogi. Crys is also an accomplished silversmith whose jewelry designs are inspired by yoga's influence on her life.

Community Experience

"What I love about your class is not just that you have such a clear and thoughtful way of leading us through but you make it a whole person experience, engaging our spirits as well as our bodies. And you find room for the humor and humanity of it all. Not to go on but I thought I'd let you know what I think. So thank you for your thoughtful, intentional approach." – J.B., Durham, NC

"Now that I've taken classes from several other instructors...you are by far the best!" – M.P., Raleigh, NC

"Thank you so much for a wonderful week of yoga. I have taken away a lot from your classes." – R.K., actor, Mumbai, India, NY & LA, USA

"We stood outside and talked about what we loved about your class for nearly an hour." – K.C., Chapel Hill, NC

". . . my favourite yoga teacher!" – E.S., model, London, UK

"Crystal Rivers is the yoga instructor other yoga teachers go to when they want to learn to develop a more balanced and spiritual practice." – excerpted review from www.drheiko.com, Cary, NC

"Thank you again for all the beautiful, joyful yoga..." – M.F., Cary, NC

"Thanks so much for class tonight! I love bound half moon! Cannot believe I have never been there before." – B.P., Yoga Instructor, Cary, NC

"The coolest yoga teacher ever!" – S.D., Toronto, Canada

"You are the teacher I've been looking for! I feel so inspired right now!!" – C.N., Cary, NC