

The Sports Club of West Bloomfield has conceived a one of a kind Yoga oasis called **emerge**. These two unique spaces will enhance, heighten, and gratify the most discerning student of Yoga.

Our foremost Yoga instructors include:

Deb Abramson has been working in the fitness industry since 1975. She earned a Bachelor of Social Work from Wayne State University in 1977 and a Bachelors in Exercise from the University of Michigan in 1978. She is certified as a Yoga teacher, Stott Pilates, Callanetics, McIntyre method of pilates on the fitball, spin and aqua aerobics. Currently Deb teaches Yoga, Barre, Spin, Bosu and Aqua classes at The Sports Club of West Bloomfield for over 12 years. Deb is also a senior teacher at Jonny Kest's center for Yoga in West Bloomfield. She looks forward to more years of "emerging" into a better teacher.

Cary Bolton was first introduced to Yoga at age 15 through his dear friend Jonny Kest. He spent two summers in Maui, Hawaii with Jonny, his father and brother Bryan Kest; there they practiced Yoga with David Williams, David Swenson and other great teachers learning Ashtanga Yoga and the foundation of a daily practice. He is very passionate about both the physical benefits of Yoga and the mental. He has studied and taught at many of the studios around town; The Center for Yoga, The Ashtanga Room, Yoga Now and The Yoga Shelter. His focus is on the breath and a calm, present mind.

Susan Brennan began practicing yoga in 2009 after her lung spontaneously collapsed. It was then she started a yoga practice as a way to heal and strengthen her body. Practicing made it possible for her to take a full breath without constriction, and to move like she once could. Susan considers her personal practice to be playful and determined which is evident in her class. Her training came through Lifetime Fitness. Susan is anxious to share her wonderful gift with others and looks forward to seeing you on your mat!

Ronna Brody first discovered yoga in 1995 when dealing with an impending death in her family. Ronna has studied many different yoga modalities



including Ashtanga Vinyasa, Yoga Therapy, and Yin Yoga and has taught in the U.S. and Singapore. Her yin classes emphasize the quiet side of this practice mixed in with some anatomical knowledge and quirky sense of humor. She is grateful for all of the teachers that have crossed her path, particularly those that inspire her to be a better person.

Molly Donahue, RYT 500 began practicing yoga over 15 years ago and has enjoyed a daily practice ever since. She has studied with Jonny Kest, Matthew Darling and many more of the great teachers. She's learned that yoga has a unique way of teaching us to work with our bodies, that it shows us what habits are working for us and which are working against us. She as well is a certified Stott Pilates, Barre, Aqua Aerobics and TRX teacher. Molly strives to meet her students needs, whether it's to help you to find your edge, mentally or physically, or help you to develop focus and balance to meet life's challenges head-on.

Nancy Powell comes from a very strong fitness background, but was fascinated by the physical and the mental benefits of Yoga. She trained at the Center for Yoga under Jonny Kest in 2002. After certification she began teaching at the Center for Yoga, and Body Language. She enjoys teaching all styles of Yoga; Ashtanga, Slow Flow, Healthy Backs and Vinyasa. She is happy to be part of the Yoga family at the Sports Club of West Bloomfield.

Dawn Priebe RYT 500, for the past 17 years has been practicing and training with many of the great teachers across the country in many forms of Yoga, including Jonny Kest which has led to create her own unique

style from all that she has learned. Dawn has been teaching Yoga at The Sports Club of West Bloomfield since 1996.

Shelley Shindler RDH, RYT, has been practicing Yoga for over 12 years and considers it to be one of the most important aspects in her journey for personal growth. During that time, she has studied and become proficient in numerous forms of Yoga instruction. Certified by the National Yoga Alliance and in Anusara Yoga (inspired status). Shelley has been fortunate to have studied with Katherine Austin, owner of Karma Yoga and John Friend, founder of Anusara Yoga. She has had additional training in Prana Vinyasa, a practice designed by Shiva Rea. Additionally, she has studied the Yoga Sutras with Michael Johnson for two years and has studied Ayurvedic medicine.

Andy Smith "Blessed are the flexible for they shall not get bent out of shape." This short, sweet quote would be, hands down, Andy Smith's favorite "yoga-ism" to share in class, because it sums up life so perfectly. A married mother of five beautiful girls, Andy knows first-hand that flexibility is far more than a physical attribute. Andy credits yoga with helping her stay centered and balanced.

She received her yoga teacher training and certification in 1999 from Andrea von Behren, owner of Body Language Fitness and Yoga Center. Andy also acquired her Prenatal yoga certification at the Asheville, NC Yoga Center in May 2008.

Andy describes her own teaching style as eclectic. A light-hearted, and playfully challenging yet compassionate spirit guides every class, so that no matter the format, all leave feeling the true essence of yoga.

Marni Stone holds a Master's Degree in Social Work and has been a Certified Group Exercise Instructor since 1986. She has also worked as a psychotherapist specializing in the treatment of eating disorders and body image issues as well as serving as the Group Fitness Coordinator and personal training supervisor at the West Bloomfield JCC. Marni holds advanced standing as an AFAA Certified Personal Trainer and is an AFPA Certified Senior Fitness Specialist. Her most recent certification is in Yoga and she is currently training to be a Yoga Medics therapist. She is grateful to have Yoga in her life and loves to share this gift with her students.



A custom designed yoga environment.

Plus the areas only for infra-red heated yoga environment.

Barbara Swaab, E-RYT, has been practicing Yoga for over 30 years, and is a trained and certified Yoga instructor. She began teaching in 1998 after receiving her Yoga certification. Barbara has studied with many leading instructors, including Jonny Kest, Gary Kraftsow, Sean Corn, Sharon Gannon and David Life, Beryl Bender Birch, David Swenson and Paul Grilley. Barbara teaches many styles of Hatha Yoga including Slow Flow, Vinyasa, Chair and Prenatal Yoga.

Rob Woollard is calm, confident and humorous. Armed with 18 years of experience, which includes seven in Los Angeles. Rob has instructed over 18,000 classes and studied numerous styles of yoga that is integrated into every session. He was chosen by Self magazine for teaching one of the best core strengthening classes in the country. His goal is to encourage students to explore new limits and build a confident yoga practice based on intuition, exploration and willingness. Rob can help you to reach your highest potential.

emerge Yoga includes:

- Far infra-red heated environment
- Heated imported bamboo flooring
- Sound proof construction
- State-of-the-art climate control and air purification system
- Custom soothing Yoga interior design
- Specialized coordinated lighting
- Surround sound audio system
- Over 96 hours of classes per week.
Includes 54 yoga and seven Barré classes
- Yoga classes include Hot Vinyasa, Dynamic Flow, Slow Vinyasa, Healthy Backs Yoga, Yin Yoga and Barré
- **Full fitness membership** at The Sports Club of West Bloomfield
- Babysitting available
- Free Kid's Center available with a three year fitness membership contract
- Luxurious, safe and secure locker rooms with towels
- Individual steam, sauna and whirlpool rooms for men and women
- A seasoned, experienced management team responding to member needs
- Free Personal Training and Orientation to new members
- Cardio equipment with personal entertainment systems
- Personal training available
- Resistance and free weight equipment
- 14 Tennis courts
- Indoor running track
- Wireless Internet



The Sports Club of West Bloomfield is big enough to offer all the amenities. Yet small enough so that every student matters. Call **248.626.9880** to begin the Yoga teachings within the emerge oasis.

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A Unique Yoga Oasis

