



**Robert Moreno**

Borrowing from the inspired and timeless words of Krishnamacharya, "Yoga is a life discipline; it is a means to improved health, to restored well-being in the face of illness, and to emotional balance and enhanced mental clarity. It is also the accessible path of progression toward union with the Absolute---whether conceived as a named God or a Nameless Truth." Robert believes that each person is unique, has a different starting point, and progresses in different ways, but that ultimately through yoga, everyone is able attain balance, harmony, purification, and strength in the body, mind, and soul. Robert has studied with Tim Miller, Dean Learner, Doug Swenson, Johnny Kest, and Sri Swami Srinivasananda to name a few. His classes are a fusion of many different yogic styles but are primarily Astanga-based and include Vinyasa (a method of flowing movement connected with controlled breathing), which creates an inner heat and challenges the physical as well as astral body to break through set boundaries. Come join Robert as he leads you through an energetic and meditative Yoga class.