

innercise yoga

678.643.1821

InnerciseYoga.com

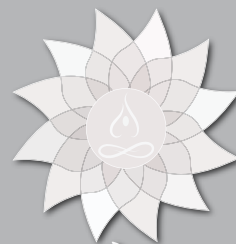
info@innerciseyoga.com



Kelsey Reed Armbruster, RYT

Kelsey has been an active yoga practitioner since 2009 and received her RYT-250 hour training from Asheville Community Yoga Center in 2012.

Sharing her practice with the world to improve the health and motivate the growth of others has been her dream since she was a child. In finding yoga, she has found a shared bliss that transcends the unconscious to consciousness.



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Mission

Innercise Yoga is the engagement of the body in connection with the inner self through movement and awareness of breath.

*“Yoga is the eternal unfolding
of the soul and spirit.”*

- Kelsey Armbruster



Offerings

- Athletic Team Sessions
- Group Sessions
- Private Sessions
- Office Yoga
- Events
- Workshops

Former Studios

Asheville Community Yoga Center · Asheville, NC

• *Gentle Flow* · May 2013 - November 2014

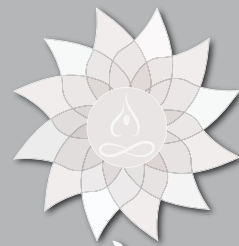
• *Vinyasa Flow* · May 2013 - November 2014

Asheville Yoga Center Donation Studio · Asheville, NC

• *Vinyasa Flow* · February 2014 - November 2014

Biltmore Forest Country Club · Asheville, NC

• *Yoga Basics & Therapeutics* · May 2013 - May 2014



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“Kelsey embodies the sweet and strong spirit of someone who has found herself through yoga and believes in the practice. She speaks with a calm assurance and clarity, guiding her students through breath work and asanas that allow for more space within the body, and utilizing props to facilitate deeper movement and relaxation. What I loved most were her loving reminders, honesty, and occasional giggles!”

- Sarah Johns, Raphael
Wellness Collective

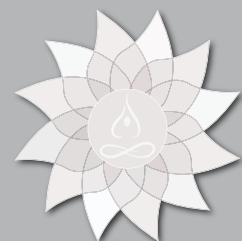


Innercise Yoga is designed to balance the body, clear the mind, and activate your awareness. Based on the fundamentals of Hatha yoga, this therapeutic flow class provides a series of balanced asanas to enhance and expand not only your strength, but your center. In this expansion, the unconscious becomes conscious. Along with breath and movement this integration of body center and source, ignites divine knowledge. The intention of this practice is to embody and cultivate this bliss in your daily journey.



“Yoga has taught me to be aware of my breath in any situation, for it is my compass home. When breathing through life, I can accept and activate all Infinite awareness that is channeled through me.”

- Kelsey Armbruster



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Past Events & Workshops

Flow & Grow

A live music workshop
with Kelsey Ambruster & Tyler Herring
Sunday · Nov 23rd · 4pm - 6pm

Flow into your own Divinity with an hour Vinyasa to warm up the body, followed by an hour of Yin and restorative yoga to soothe and encompass the body with compassion as we grow into our highest Selves with breath and meditation. Yoga will be accompanied by live didgeridoo, guitar, looped sound vibration, & vocals.



ASHEVILLE COMMUNITY yoga

To register: ashevillecommunityyoga.com/events \$30

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Tyler Herring


ASHEVILLE COMMUNITY yoga

Infinite Innercise Dance Flow




Saturday, August 16, 6PM - 8PM · \$20
Asheville Community Yoga Center · 8 Brookdale Avenue · Asheville, NC 28804

Balancing the body, clearing the mind, and activating the awareness are main fundamentals to Innercise Yoga. Add in some live tribal downtempo electronic music and you have something entirely new. The focus of this workshop is to create a soundscape to infuse the flow of your practice with a prescription of ecstatic bliss, allowing you to go deeper inwards while having fun in the process. We hope that you will join us for an hour practice, followed by an hour of dancing euphoria.

To register or for more information: <http://ashevillecommunityyoga.com/events/>



Serving complimentary Kombucha & chocolate

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Infine Geometry (Andy Reed) has been an auxiliary alchemist for the past twelve years. His main focus has been his visionary artwork for the past five years, but another deep passion of his has been electronic music. He is currently based out of Asheville, NC and plays shows nationwide, such as at Alex Gray's Chapel Of Sacred Mirrors (CoSM) in New York and at transformational music & art festivals. Most notably, he's created a unique performance which cross blends forms of music into one story and experiential journey through sound.

New Earth MUZiQ & Innercise Yoga Present

Wellness:

A New Mountain Movement

A wellness network "Meet & Greet" space will start the night off right at 5pm sponsored by Infusion Tea Lounge. Innercise Yoga will then host a dynamic flow class engaging body and breath to become in tune with your inner Self, accompanied by music from Raphael Vibrations. Yoga will be followed by a short talk about transformative space, wellness events, and breath work. Sangita Devi will then hold a beautiful Bhakti space for singing to Source in celebration for our health and wellness. At 9pm, local musician Numatik: The Music of Summit Jaffe will kick off our dance party followed by the amazingly talented Govinda.





Live Painter: Clay Wilson

Tickets:
www.NewMtnAVL.com
Location: New Mountain Asheville · 38 French Broad Avenue · Asheville, NC 28801
Date: October 23, 2014 · Time: 5:00pm - 12:30am · Tickets: \$12 (adv) · \$15 (door)

First 3 yoga to show up for Innercise Yoga tonight is FREE! (not courtesy of Louisa)










• Open Heart • Clear Mind •
• Expanded Consciousness •

ASHEVILLE COMMUNITY yoga

HIPS, TWISTS AND HAMSTRINGS

To register: ashevillecommunityyoga.com/events \$20

Are you an active exercise enthusiast but also yoga practitioner? This workshop gears towards the tight hip and hamstring yogis who want to release tension from their daily exercise through breath work, therapeutics, and props to assist in a deeper stretch for these muscles. In working with deep hip openers, we will explore the mode of using yoga to bring emotional liberation to old baggage stored in the hip flexors, while using twists to detox and forward folds to bring more comfort and ease into this work.

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SUNDAY 09.21.2014 ASHEVILLE COMMUNITY YOGA 11:30AM - 1:30PM 8 BROOKDALE RD, SUITE A ASHEVILLE, NC 28804



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