innercise yoga

678.643.1821
InnerciseYoga.com
info@innerciseyoga.com

KELSEY REED ARMBRUSTER, E-RYT 200

As a childhood dancer, Kelsey Reed has always felt best when in tune with her body and mind. After a few failed high school attempts with yoga, Kelsey Reed found her love for the practice in college during her parents' divorce, heartbreak, and family addiction.

Since 2009, Kelsey Reed has been an active yoga practitioner. In 2012, she received her E-RYT 200 hour training from Asheville Community Yoga Center. Since earning her degree in Health and Wellness Promotion from UNC Asheville, she has dedicated her life to sharing this practice to improve and motivate the health and growth of others. She also traveled to India in 2015 to explore yoga in its true origins. She has attended retreats and workshops with Rachel Brathen, Kaoverii Weber, and Alanna Kaivalya.

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MISSION

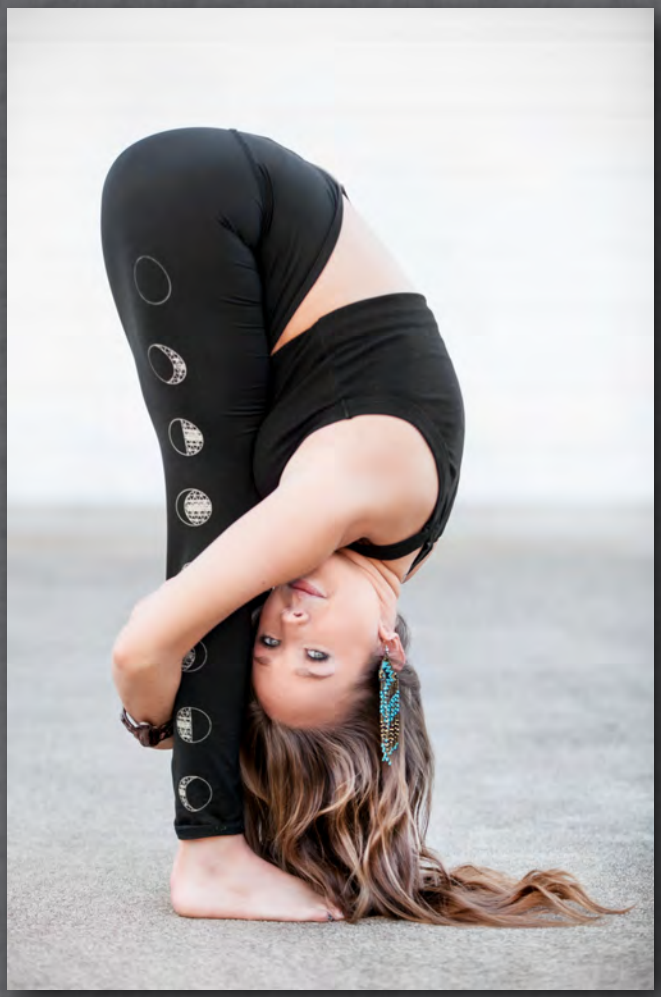
Innercise Yoga is the engagement of the body in connection with the inner self through movement and awareness of breath.

OFFERINGS

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

AFFILIATED STUDIOS

- Atmasphere · Buckhead · Atlanta, GA
- Sacred Thread Yoga · Atlanta, GA
- Sacred Sweat Yoga · Atlanta, GA
- Asheville Community Yoga Center · Asheville, NC
- Asheville Yoga Center Donation Studio · Asheville, NC



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"Kelsey Reed Armbruster 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 awareness. Based on the fundamentals of Vinyasa yoga, this empowered flow provides a series of balanced asanas to enhance and expand not only your strength, but also your center. In this expansion, the unconscious becomes conscious allowing the ego body to transcend to Universal Consciousness and ignite Divine knowledge. The intention of this practice is to 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 Reed Armbruster

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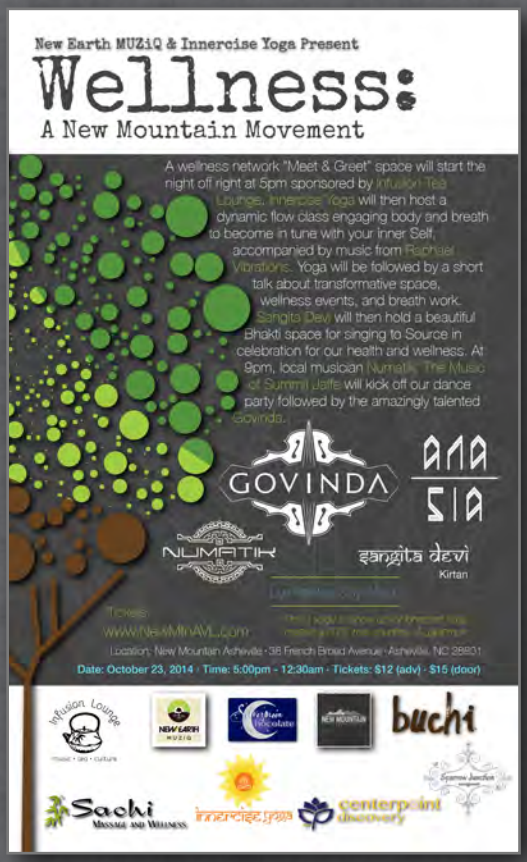
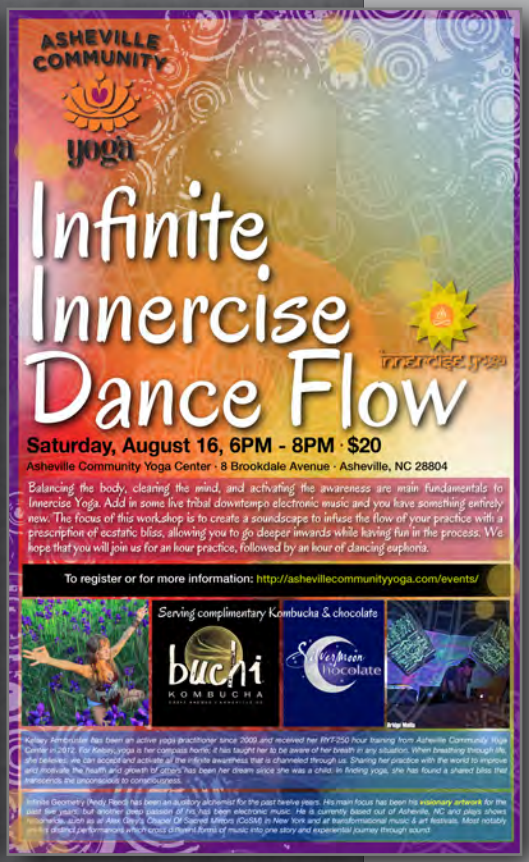
PAST EVENTS & WORKSHOPS





· OPEN HEART · CLEAR MIND ·

· EXPANDED CONSCIOUSNESS ·

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