

Haleya brings her wide variety of studies and teaching to the mat. She specializes in gentle and mindful yoga to help find and maintain the rest and digest parasympathetic nervous system that heals and balances our mind, body, and soul.

Her classes are a way to find that inner sanctuary where peace and wellness abide. Through asanas (forms/postures/poses), pranayama (conscious breath work), and mudras (hand positions), you'll find or strengthen your own internal reset dial.

Being a professional counselor, she specializes in yoga for those feeling the effects of stress, overwhelm, and burn-out in their life. Her classes are also suitable for those experiencing physical injuries or illnesses that require a more gentle and mindful approach to yoga.

Haleya trained in Embodyoga® through Yoga Center Amherst with Patty Townsend and Corinne Andrews. Her other influential trainings and studies include Trauma Sensitive Yoga through TCTSY, a program for Trauma and Embodiment at JRI; Yoga Nidra; Somatic Experiencing® and Polyvagal theory. Her continuing studies are life long. Sanctuary Yoga is also the home of *Metta Infused Yoga* which Haleya created, practices daily and periodically shares with her yoga classes.