

Katherine Zitterbart

Yoga and Mindfulness Classes Fall 2019

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Katherine has been working with Bodies and Breath for over 30 years, with specializations in somatics, cultivating consent, and using a non-dual framework for Relationships.

All of Katie's Work draws on decades' study of Taoism, Buddhism, curricula design and delivery and facilitation.

Katherine's work is trauma-informed and rooted in the pillars of compassion, communication, and consent. She is fluent in: Yin, Hot 26+2, Power Yoga, Vinyasa, and Restorative Yoga as well as

several movement modalities, including Barre, ecstatic and trance dance.

Yin Yoga / Relax and Restore

This class is yin in the Taoist sense of the term, meaning, you can expect to be expertly guided from the doing of your day to the being of relaxation and rejuvenation. Katie combines 45+ years of somatics training with her 25+ years' study of Esoteric Taoism and myriad forms of yoga, all while crafting a unique floor-work experience tailored specifically to the bodies in the room.

Mindful Movement for Chronic Pain and Illness

Live with chronic pain and/or illness? This class may be for you. You can work on the floor. You can work standing/seated/on the floor. You can work seated in a chair. Whichever way is the best for you, today, is how it shall be. Combining gentle movement with yoga, stretching, and mindfulness, this class aims to create a space where you can find some relief from the exhaustion of chronic pain and illness.

Breathe into Balance (Emotional Alchemy)

Transform Anger into Forgiveness, Anxiety into Calm, Worry into Trust, and more. There is a simple set of practices which pre-date Acupuncture by several thousand years, and which serve to empower you to cultivate expansive/good-feeling emotions while learning how to manage contractive/negative responses. We'll practice the foundational practices of this system, including a healing smile, six sounds for transforming negative emotions into positive emotions, and even do some gentle movement and stretching to 'set' the effects of the practice.