The Center for Fitness Yoga Instructors

Rick Trzcinski began studying yoga in 2007 and received his registered Hatha Yoga Teaching Certification in 2009. Walking with a cane at the time due to neurological issues from chronic Lyme disease and a serious fall from a roof, Rick began yoga for relief of back and neck pain, and he hasn't stopped since. He attained his RYT-500-hour certification in April of 2015 from Yoga of Austin, Texas and in 2016 attained the E-RYT 500 or Experienced certification with Yoga Alliance. He graduated from the yoga therapy training program at Yoga of Austin, Texas in 2017 and received a yoga therapy certification with the International Association of Yoga Therapists (C-IAYT). He is a Yoga Alliance Continuing Education Provider (YACEP) and is also a member of the International Association of Yoga Therapists (IAYT), the Veterans Yoga Project (VYP), and Yoga for Vets.org.

Rick is looking forward to sharing with you what can be a life changing experience, as yoga has helped changed his life dramatically!

Debra Parmley is a long-time resident, not only of Kerrville, but as a member of The Center for Fitness too. She started exercising with Gail Sears in the early 1980's and began her yoga journey when Gail first introduced yoga at the TCFF in the late 1990's. After several months she noticed increased energy levels, stronger muscles, and greater flexibility. She returned to working full time in 2007 and was not able to keep up her yoga and regular exercise schedule. After spending 10 years working for various nonprofit agencies in Kerrville, including Schreiner University and Big Brothers Big Sisters of the Texas Hill Country, she realized that she was neglecting her own health. The result was increased stress and joint pain along with the inability to get a good night of sleep.

"I didn't like the direction my life and health were headed so I decided it was time to make a change," said Debra. "I wanted to pursue my dream of becoming a yoga instructor. Yoga offers many benefits beyond the physical; there are emotional and spiritual benefits as well. I want to help others experience the benefits of yoga and being an instructor allows me to combine my love of teaching with the positive feeling I receive by helping other people." She has completed a 200-hour yoga certification with Patty Williamson of Lizard Dreaming Yoga in Fredericksburg.

Cheryl Smith taught with our founder, Gail Sears, back in the "Auditorium" days and into our current location, and now owns and operates Camp La Junta with her husband Blake. She has completed multiple Group Exercise certifications in addition to 200 hours of Yoga Training from Kripalu Yoga Center in Massachusetts. She seeks to make yoga accessible to all levels of experience and body types by promoting conscious awareness in all parts of class and providing modifications to enhance your unique experience and exploration of your truest self.

Dana Cardwell is a Licensed Professional Counselor in addition to a Certified Life Coach, Personal Trainer, and Yoga Instructor. Her goal is to incorporate integrated medicine in our community to decrease mental and physical problems. "When we treat

only part of the body, we only get partial results". She has used yoga in her therapeutic work and documented the benefits in terms of reduced stress and anxiety. She describes her program as "**Emmanuel Yoga:** Yoga for stress, anxiety, trauma, and/or addictions". Emmanuel Yoga works on calming the amygdala area of the brain: the fight, flight, or freeze area that generally operates on your unconscious level. "By practicing Emmanuel Yoga, we will come together (yoga means union) to know God is with us while creating strong bodies and balanced minds to lead a happy life". She earned her 200-hour certification from The Yoga Institute in Houston.

Chelsea Kolterjahn started teaching yoga with Warhawk Fitness, while working on her bachelor's degree at University of Wisconsin-Whitewater in 2007. She earned her first PiYo certification in 2008 through Powder Blue Productions and renewed it through 2014, when it became part of Beach Body. After college, she continued teaching yoga and PiYo part-time, while freelancing for several publications and working in communications roles at nonprofit organizations. She's taught at Bally Total Fitness, Anytime Fitness and Xperience Fitness in Milwaukee, as well as Humbling Bloom in Kerrville and Lizard Dreaming Yoga in Fredericksburg. She earned a Yoga Strong certification in October 2018 and a Senior Yoga certification in October 2020 through National Exercise Trainers Association. She is working on her 200-hour certification. You may recognize her name from her work at the Kerrville Daily Times and Hill Country Culture magazine.

Maxine Sands achieved her 200-hour yoga certification in 2017. She is also an ACE Certified Group Fitness Instructor and CETI Cancer Exercise Specialist. In addition to her fitness certifications, she holds a degree in Registered Nursing, with a specialty in Adolescent Mental Health. Maxine's interest in yoga grew out of her love for various fitness formats, but it soon produced personal development and spiritual growth, and a deep desire for passing on knowledge of this incredible practice. Having come into yoga as an older student and then later as a teacher, she has moved past pre-conceived notions regarding ability. She uses mind body principles in addition to the traditional logic, philosophical, and historical aspects of yoga, helping students to move past obstacle and discover their own individual style and form.