

Amy Haid, Owner/Teacher, Samira Yoga Pittsburgh

I draw upon teachings from a variety of yoga traditions and related modalities and always through a trauma-informed lens. While my initial yoga teacher certification is in Classical Vinyasa, my favorite types of yoga to practice are more centering and grounding. Those types of practices include:

- **Yin Yoga**
- **Restorative Yoga**
- **Gentle Yoga and Somatic Movement**

While fiery, active, yang types of yoga are beneficial in many ways, I've found Yin Yoga (cooling, passive) practices allow one the time & space to turn inward and are much more conducive to counteracting the high intensity effects of modern society, thus enabling one to become more balanced and whole.

Throughout my classes, where I feel it's important and appropriate, I weave in information about how the following relates to the practice:

- The Divine Feminine
- Pranayama, The Subtle Bodies (The Chakra Energy System)
- Traditional Chinese Medicine
- Elemental Properties and Associations
- Yogic Philosophy and Texts (Ancient and Modern) i.e. Patanjali's Yoga Sutras
- Cycles and Rhythms: Seasons, Nature, Lunar Phases, Astrology
- The earth and its gift of rocks, crystals, plants (fresh, dried, EOs)
- Functions of Body Systems, i.e. Circulation, Respiration, Digestion
- Muscles/movement groups, i.e. Hips, Back, Shoulders

As I present information and share knowledge regarding how I use the above listed topics in my own practice, students are free to take what resonates and incorporate it into their own practice. If any of what I provide does not meet your needs or you are not ready to take it in, simply leave it.

Group classes and private client sessions usually contain the basic elements of a traditional yoga practice:

Breathwork (Pranayama)

Meditation

Asana (poses/postures)

