

## Rosemary Court Yoga Introduces Ashtanga to Sarasota

Written by Administrator

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Rosemary Court Yoga welcomes Liana Sheintal Bryant to its schedule. She will be developing an Ashtanga program at the studio as well as offering a weekly Prenatal class. Ashtanga Yoga is a physically demanding practice synchronizing breath with movement through a set series of progressive postures to build strength, flexibility, and stamina.

This class is for those who enjoy vigorous flow style classes. Her Prenatal class is a way to nurture the bodies of moms-to-be during this special time of life. Previously a YogaWorks Studio Manager in New York City, Liana has now returned to her hometown of Sarasota, FL and in addition to teaching her classes, she continues her work for YogaWorks as a Program Advisor. She is an active part of the yoga community and recently served as a Lululemon Athletica Ambassador, helping to launch their store openings in the Washington, DC area. She has completed the YogaWorks Teacher Training Program and is a 500-hour Registered Yoga Teacher (RYT 500) and a 200-hour Experienced Registered Yoga Teacher (E-RYT 200) through Yoga Alliance.

*Liana will be teaching Ashtanga on Mondays and Thursdays at 11:15, Ashtanga Blend on Wednesdays at 4:30 and Prenatal on Mondays at 10 at Rosemary Court Yoga, 810 Central Ave, 941-952-5280. Visit [RosemaryCourt.com](http://RosemaryCourt.com) or [LianaYoga.com](http://LianaYoga.com).*