

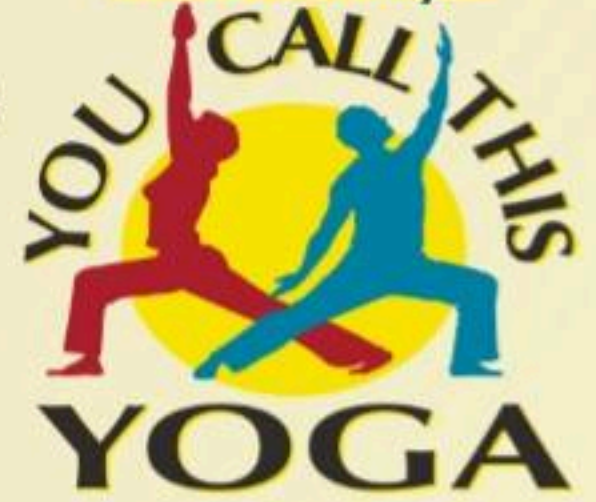
**Sunday October 16 | 10am-4pm | McKimmon Center - NCSU**

**Bring a Mat and Join Us for Yoga Classes Throughout the Day**



- 10:20am** Rani Margolin - Gentle with Meditation
- 11:30am** Autumn Myst Belk - Active, Beginner/Novice
- 12:45pm** Autumn Myst Belk - Active, More Advanced
- 2:00pm** Kathleen Yount - Active, Beginner/Novice
- 3:15pm** Kathleen Yount - Gentle (45 minutes)

Hosted By:



## Meet Our Yoga Instructors

### Rani Margolin RYT 200

Rani Margolin is fortunate to have enjoyed decades of opportunities to study and practice meditation, yoga, and kirtan with skilled and inspiring teachers from multiple traditions in the US and India. An RYT-200 since 2011, Rani completed 500 hours of training with the Rasa Yoga School in 2016. Rani teaches at Balanced Living in Five Points, and offers kirtan throughout the Triangle. She takes an integrative and compassionate approach to her teaching and her practices, and allows yoga philosophy to inform her work as a clinical psychologist as well. Rani has been vegan for many years and vegetarian since 1972. She is delighted to collaborate with Triangle Vegfest!



### Autumn Myst Belk, RYT 200

Autumn Mist Belk was first introduced to yoga through her dance training, while she was working on her MFA in dance from the University of Maryland. She maintained a casual practice for a few years after graduation before deciding to learn all she could about yoga (completing her 200-hr certification with Stephanie Keach of Asheville Yoga Center in 2011). In addition to teaching at Bliss Body Yoga, Autumn is on faculty at North Carolina State University (teaching dance, yoga, and gymnastics), and she directs the Raleigh-based multimedia modern dance group Code f.a.d. Company. Autumn is also a PaddleYoga Teacher, and she is currently pursuing her 500-hour Yoga Teacher Certification through Blue Lotus in Raleigh.



### Kathleen Yount, E-RYT 500

Kathleen Yount, E-RYT 500, specializes in simple, accessible movement and relaxation techniques to help her students enjoy life more. She loves working with beginning students; people working with anxiety, depression, or an overactive lifestyle; and anyone who wants to (re)connect to their bodies and their sense of inner well-being. Her yoga toolbox includes flow yoga, healing yoga, meditation, breath work, and deep relaxation. Her classes offer a safe, calming environment in which students can explore and reconnect to the pleasure of being alive.

