

NEW YOGA CLASS AT VISCERAL

TAUGHT BY TODD RHOADES



THURSDAYS
9-10AM
\$10/CLASS
STARTS
OCTOBER 20

Todd received his BFA in Dance at Point Park University while also studying psychology and pedagogy. His study of movement began while he was dancing 16 years ago - studying classical ballet, modern and jazz, while needing to cross-train and prevent injury he was introduced to yoga and pilates. Todd has danced professionally with ballet, modern and jazz dance companies; as well as opera, symphony and musical theater companies. His interest in movement intensified and he began an intense study and completed a certification in Yoga in 2000 and finished teacher training in pilates the same year. He has continued his movement studies in Feldenkrais, Alexander Technique, Tai (Massage) Yoga, and Cardiolates. Todd has studied various styles of yoga and pilates from many teachers to develop his own approach that continues to develop through his own continuous training and re-certifications. He has worked alongside physical therapists and chiropractors to assist in rehabilitation from injury, surgery and chronic illnesses. Todd has also worked in the opposite spectrum helping to improve professional athlete's muscle function and dexterity.

