

200-HOUR YOGA TEACHER TRAINING At the YMCA



DEEPEN YOUR PRACTICE. LEARN TO TEACH. TRANSFORM YOUR LIFE.
12 weekends from September 2026–February 2027 | Saratoga Branch

MEET OUR INSTRUCTORS:



ALLISON PETROSKI

is a Yoga Alliance-trained RYT-200 with over 10 years of experience in yoga, fitness, and holistic wellness. With a background in personal training, health coaching, and massage therapy, she specializes in trauma-informed practices, nervous system regulation, and helping individuals build a healthier relationship with movement. Her grounding, supportive classes blend yin and restorative yoga to reduce stress, deepen self-awareness, and promote lasting well-being.



ANNA MUENCH

is an E-RYT 500 Embodiyoga® teacher, Body-Mind Centering® Practitioner, and movement educator with over 30 years of experience in yoga, meditation, and embodied movement. Drawing from somatics, experiential anatomy, dance, and mindfulness, she creates transformative experiences that foster self-awareness, authenticity, and personal growth. Her compassionate teaching style helps students deepen their connection to body, mind, and spirit while cultivating balance and well-being.



KIM ROCKWELL

is an E-RYT 500 Yoga Alliance instructor with over 20 years of teaching experience. Trained in Core Strength Vinyasa, Yin, Restorative, Chair, and Kids Yoga, she blends anatomy, mindful movement, and yoga philosophy to create accessible classes for all levels. Her supportive, heart-centered approach helps students build strength, confidence, and a deeper connection to themselves on and off the mat.



160 YEARS
SARATOGA REGIONAL YMCA

SCAN TO
LEARN MORE!

