



## Paula Tursi Founder & Director of Reflections Yoga

Paula Tursi is the Founder and Director of Reflections Center Yoga and the internationally renowned Reflections Yoga Teacher Training Program. She has been working with alternative healing practices in New York City and internationally for over twenty years. Paula developed Reflections Yoga as a way to integrate what she found most inspiring in other practices with her own personal truth. She began her training at Integral Yoga, where she studied Hatha and restorative Yoga. She went on to work with esteemed teachers such as Angela Farmer and Bonnie Bainbridge Cohen in the art of asana and movement, breath work and meditation. Paula has been voted one of the top ten meditation teacher in NYC.

Paula's work focuses on the alignment of mind and body, understanding that we move not only from our muscles and joints, but also from the support of our inner body.

Paula holds a Masters degree in Psychology from Columbia University and a Masters degree in Education from Hunter College. She did her clinical post-graduate training at the Milton H. Erickson Society for Psychotherapy and Hypnosis. Paula conducts biannual Teacher's Trainings in New York City and Latin America, teaches workshops nationwide and in Europe. She teaches on going classes, holds corporate workshops and offers individual instruction in breath awareness, partner yoga and yoga for body ailments.

The Reflections Yoga Teacher Training program is fully registered at the 200 & 500-hour level with Yoga Alliance.

*"Movement or asana can start from the inner or outer body. Its been my experience that movement initiated from the inner body considers the body as a whole and can bring health to the deeper systems of the body as well as deliver a person to a subtler sense of self." Paula Tursi*

### Check Out Paula's Blog

**Reflections Center for Conscious Living and Yoga** is an East Side urban oasis in Murray Hill/Gramercy, near Gramercy Park's well-walked paths. We invite you to transcend the tensions of city life and join us for a "just right" yoga class with some of the best and most skilled teachers in NYC, an illuminating talk, or a super cool dance party. Come to Reflections and celebrate all of who you are! We are located steps from the 6 or N/R trains to 23rd St., at 227 E. 24th St. between 2nd & 3rd aves., New York City.