



Cassie Hein

Cassie Hein is from Cleveland, Ohio and currently resides in Huntington Beach, California. She is a Licensed Massage Therapist and a Registered Yoga Teacher 200 hour, former gymnast, life enthusiast, and cat lover. A yogini of a decade, she studied at Passion Yoga School in the jungles of Puerto Viejo, Costa Rica for Akhanda Yoga. Using quirkiness and lightness to her benefit you can be sure to shed a smile in her classes. She has been a licensed massage therapist for seven years and is well versed in tailoring the perfect massage to your needs. She fuses her great knowledge of anatomy and intuition

with a combination of modalities to create a blissful experience. Ease your mind. Relax. Unwind. Swedish, Deep Tissue, Hot Stone, Trigger Point, Energy Work, Aromatherapy and more. Come experience the magick.

Class Offerings

Ohm Your Roar: Awaken your senses and connection to self, come into your voice as we use mantra to explore our potential. Tuning into our inner jungle cats, we will let our intuitions guide us through this funky fresh play shop. Come surrender to the freedom of imagination.

Acro Playshop - The Basic Essentials: Have you always wanted to fly? Are you yearning for a sense of connection and commUNITY? If so come try Acro Yoga. AY is a partner activity combining yoga, healing arts and acrobatics. Let your inner child come out to play. We will explore spotting, safety, calibrations, progressions, shapes, counter balances and therapeutics in this action packed, laughter fueled playshop. Beginner friendly- no partner required.

Mudra MoveMEANT Meditation: A guided gentle flowing meditation using mudras or subtle hand gestures to guide energy and expand consciousness. Each hand positioning will be explained on a (meta)physical, mental, and spiritual level with a focused intention for each breath.



Jo Ellen Caponetto

I came to Yoga via Transcendental Meditation when The Beatles brought it over from India in the late 1960's. I was immediately enamored, and by 1975 practicing TM daily, or trying to, as there wasn't a lot of direction back then, and studying it too because of all the benefits it purported (and am now able to confirm for myself). My next natural step was the Asanas or postures, which I began to practice shortly after. I moved to California from back east in 1983 and once here and practicing regularly at my neighborhood studio, I discovered the book 'The Sivananda Companion to Yoga' and that was it. Where I had been baited before, here the hook firmly set, and for me, there was no looking back.

What yoga and meditation have done for me is boundless and life changing. It has kept me healthy, calm, serene, out of the doctor's office and even avoid surgery. It's a practice and a lifestyle I love deeply and want to share with as many people as possible. To help others and to be of service, the way I've been helped, and served by yoga and meditation, and every one of my teachers, is a blessing and a gift. In 2015 I became a certified yoga instructor - this is a way to share my love and pay forward the gifts bestowed upon me by meditation and yoga.

Class Offerings
Gentle
Yin
Restorative yoga



Taryn Cole

Taryn Cole is a beach California native that has been drawn to wellness, nature and fitness since she could remember. Yoga found Taryn while she was living on the Big Island of Hawaii and they instantly fell in love. Taryn quickly committed her life to Yoga and has been teaching for over 9 years.

She's never been happier! She specializes in heated Yoga and has experience teaching several styles of Yoga; Vinyasa, Fusion, Bikram Method, Yin and Restorative. Taryn's classes allow you to be YOU! She will lead you through intuitive, alignment based sequences that will open your body, mind and heart.

Taryn LOVES nature and is so excited to share Yoga with you at Sequoia Lake.



Riss Mahaffey

Yogi, musician, painter, gardener, lover of life, and above all Mommy. Riss started her relationship with shapeshifting her body as a gymnast in her toddler years, after 11 years as a student she became a gymnastics instructor and carried that out for 12 years. She found yoga during her teaching years and began to develop a sacred practice that connected body and mind. It was obvious to her that yoga was her path so she trained and studied to become a yoga teacher and has successfully been teaching a variety of disciplines for the past 5 years. Specializing in stretch classes and strength classes but also teaching yin yoga and vinyasa flows, she adores any and every form of yoga.

Class Offerings

(Suggested for sunrise) Yin Yoga and Vibrational Grounding: A slow transitioning class, holding each pose for a few minutes at a time to increase flexibility, targeting deep connective tissues. Followed by a short meditation and vibrational grounding work to start the day centered, open, and stable.

Power flow: A fun fast paced yoga flow with focus of strengthening muscles by combining yoga, pilates, and HIIT style exercises with upbeat music to keep you energized.

Chakra Meditation: We will start with an educational chat about what the chakras are and what a healthy vs sick chakra looks like. Then we will proceed into a guided meditation where we will cleanse, open, and balance the chakras, spending time on each individual energy center to leave you feeling clean, clear, focused, and vibrant.



Britney Easton

Britney Easton is a Fresno native who began practicing yoga while living in San Francisco many years ago. She fell in love with the Bikram practice and it became a daily part of her life. Soon enough she quit her job, went to Teacher's Training and ended up back home in Fresno where she taught her first class at Blue Moon Yoga in 2010. Before making Fresno her permanent home, she travelled around the world for 2 years and taught in France, New York City and other locations across California. In July of 2013 she became the owner of Blue Moon, an exciting chapter in her yoga journey. She is passionate about creating a space where all students feel welcome to pursue and achieve the amazing benefits of heated yoga. Britney teaches a gentle, motivating Hatha Yoga class focusing on strength, discipline and internal awareness.



Kyle Thurman

Kyle Thurman is a Arizona native and from the moment she stepped on to her yoga mat for the first time, she knew it was the beginning of what would become a lifelong practice. Her love for movement originated in the hot Arizona desert where she played soccer and swam competitively. Yoga has provided Kyle with the tools to be the stable force in her own life on and off of the mat. Her insatiable passion for yoga has driven her to practice and study with inspirational teachers all around the world. She teaches a strong, gooey Vinyasa with an emphasis on deep vibrational breathes and intuitive movement. Her focus on body mechanics and her desire to dig deep into the mental aspect of your practice will leave you with a mental, physical and spiritual connection on and off your mat.



Emily Lucietto

Emily is a 500 hour certified yoga teacher, completing 300 hours with Mark Stephens in Santa Cruz and 200 hours with Katie Flinn at COIL Yoga in Fresno. She teaches a variety of weekly public and private classes. She is married to Gian Lucietto and together they have three young children - Luca, Annie, and Marco. Emily views yoga as the ultimate form of self care and an essential part of a balanced and healthy lifestyle. Emily first stepped onto her yoga mat as a senior in high school, and she now loves sharing her love for the practice with students of all levels.

All Levels Vinyasa Flow 75 minutes

In this practice, we will move steadily from pose to pose in coordination with the breath, gradually building deeper internal warmth as we explore a variety of Sun Salutations, Standing Poses, Core Integration practices, Backbends, Twists, Forward Bends, Hip Openers and Inversions. This class will offer a vigorous yet sustainable approach to yoga in which every part of the body is awakened, purified, tonified and brought into greater balance. It's never about how far we go, but how we go: all levels are welcome. Come and calm the fluctuations of your mind as we consciously move our bodies through space.

Deep Vinyasa Flow 90 minutes

This class will be appropriate for beginning to advanced students who want to focus more on movement, technique, and alignment. A wide yet balanced selection of postures will allow students to explore new movements and provide the option to challenge their limits. The themes and alignment presented will gift students with a new awareness that they can use on and off the mat. The last segment of class will involve deep relaxation where students will release tension in the muscles and connective tissues, encouraging the free flow of energy in the body. This class will help students nourish the deepest roots of their bodies and provide a deep and lasting infusion of vitality.



Shari Busek

Shari grew up surrounded by nature in the foothills of Sequoia National Park. Yoga was sporadically a part of her life since she was young until it became a passion when she was challenged by her first heated Vinyasa class in 2012. Being a diverse athlete of swimming, running, Crossfit, ballet, rock climbing, mountain biking and cycling the initial attraction to yoga was for the physical benefits of flexibility. What made her pursue yoga as a lifestyle and career were the mental benefits she observed off her mat.

Shari felt more relaxed, happy, and overall in a more positive mood day to day in addition to physically leaning out and her cardio had noticeably improved in all other sports she participated in. That is when she realized yoga challenges her body in class and has continued effects on her mind that linger after she steps off the mat.

Shari received her 200 hour yoga certification through Corepower Yoga Tustin in April 2013 and has been teaching ever since. Now teaching with Three Rivers Yoga, her classes provide a supported and safe space for new and senior students to be challenged physically and mentally and leave class feeling successful.

Offering: Arm Balance & Inversions

This is an intermediate/advanced class 2-3.

Learn the essentials to help you soar in arm balances and feel confident in inversions. Explore the foundations and key alignment principles of beginning arm balance poses and inversions in a safe and supportive environment. Together, we'll work on preparatory poses which help build your core strength, flexibility and balance needed for these fun and challenging poses. The steps that you will practice to reach each pose will be broken down and demonstrated. You are not expected to master these poses in one class!