

**WEDNESDAY | 8:15 – 9:15 am July 17 & 24**



## **Meet Guest Teacher Friedeke Verkleig-Veenman**

### **More About Friedeke!**

Friedeke is a Ground Control Pilates Master Trainer and certified instructor in Do-In Yoga. Do-In yoga is a form of yoga, based on Traditional Chinese, Japanese Medicine and Taoism. Do-In Yoga combines stretching (meridian stretching) and energy strengthening exercises.

In 2018 Friedeke guest instructed at Laurelhurst SeattleGYM. Members loved learning a new approach to their Pilates & Yoga practice. Her class is fun, workable, instant energy, rest and comfort in your own body. It really makes you feel you are your own boss in your own body. You can release stress in the shoulders, you will feel how to use your abs the right way and in a controlled matter. You will leave the mat energized, taller and stronger.

### **PILATES MAT & YOGA FUSION**

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*Friedeke is a friend of Kari's from the Netherlands visiting Seattle in July. She is a Pilates Master Trainer and Do-In Yoga Instructor and we are fortunate that she will be guest teaching at The SeattleGYM!!!*

