

# Yoga & Wellness Retreat

October 28-30, 2011

## Yoga Instructor Michael Dooley Biography

Michael Dooley is a passionate, certified yoga instructor who skillfully applies modifications for individuals who desire additional challenge, or need changes due to injury or ability, allowing him to work with beginners as well as intermediate and advanced yoga practitioners alongside one another, creating an ideal retreat class environment. Michael strives to make each student feel a sense of achievement, so that they might depart with a greater awareness of their capabilities. All of Michael's classes conclude with guided meditation to increase pure relaxation and tranquility. The result of Michael's true passion for yoga and teaching, coupled with his specific experience teaching regularly at Cave B Inn & Spa, is a yoga experience grounded wonderfully in the specific dynamic & beauty of Cave B.

Michael's Background: Several years ago, after sustaining a back injury from an active life of lifting weights and natural bodybuilding competitions, Michael took his first yoga class. This would prove to be a turning point, ultimately leading to studying yoga under Natalie Rousseau, RYT, and subsequently becoming a certified Hatha and Vinyasa yoga instructor. When Michael is not teaching yoga, he spends time oil painting, teaching art, and enjoying time with his wife, children, and his first grandchild, Jaden.