



PARINAMA YOGA

WITH

CINDY CAPWELL

“One of the basic reasons many people take up yoga is to change something about themselves: to be able to think more clearly, to feel better, and to be able to act better today than they did yesterday in all areas of life.”

T.K.V. Desikachar

parinama:.. change, alteration, transformation into, development, evolution

ABOUT PARINAMA YOGA

I am privileged to study and practice yoga through the Yoga Well Institute, directed by Chase Bossart, who was a direct student of, and teaches in the tradition of, T.K.V. Desikachar.

“If there is something that is impossible for us to do today and we find a means by which it becomes possible, that movement is yoga.”

T.K.V. Desikachar

Although I practiced yoga for many years before beginning my studies at Yoga Well Institute, I had not even begun to understand the powerful possibilities for personal transformation that lay ahead.

For me, the journey has been about developing self-awareness, and finding ways to bring balance into every aspect my life – physically, mentally, emotionally and spiritually. I have learned to stand up straight and organize my life. But most importantly, I have begun what I see as a lifelong process of learning how to navigate the inevitable difficulties of life with gratitude and grace.

I am deeply committed to sharing what I have learned with any student, and to share those teachings as they apply to that student at that time. A successful student will possess a willingness to look within, a commitment to do the practices given, and a little belief that things can change.

With best wishes,
Cindy Capwell

ABOUT CINDY



Cindy is committed to developing a tailored approach that applies the correct tools at the correct time to move students toward the desired result.

First drawn to yoga over a decade ago, her personal journey of transformation began in earnest much later --while she was working as an attorney. She began to recognize that change was required – that her posture had suffered from sitting at a computer, she was not sleeping from the stress of being over-busy, and she generally wasn't living a balanced, joy-filled life. Through the guidance of skilled mentors and daily practice Cindy was able to discern what changes were required and, step-by-step, strengthened her ability to make the appropriate changes at the appropriate time.

Currently, Cindy sees students privately, offers small group classes in her studio and teaches group classes weekly at the Levine Jewish Community Center. She is also available by special arrangement for larger group classes which support a specific organization. She has a particular interest in supporting the mental health community.

Certifications:

Yoga Alliance - Registered Yoga Teacher, 200 hours

Miami Life Center - July 2016

IAYT – Certified Yoga Therapist (training in process), 1,000 hours

Yoga Well Institute – Expected completion, October 2021

SERVICES OFFERED

INDIVIDUAL:

Individual yoga allows the student to work directly with Cindy to address the specific needs of an individual student. Cindy will design a home practice that incorporates the principles of breath, movement and short, simple meditation. The practice will be modified over time to allow the student to progress gradually.

The process includes:

- An Initial Assessment. For Cindy to understand where the student is currently and what needs the student may have. The student will leave with an Initial Practice. (1.5 hours)
- First Follow Up. Approximately one week later, the student will review the Initial Practice with Cindy to answer questions and ensure that practice meets the students current needs.
- Continued Guidance. Follow up appointment to provide for further instruction and refinement of the practice.

Cindy recommends a commitment of three sessions for new students. It takes time to implement new habits and observe the effects.

SMALL GROUP:

Seasonally, Cindy offers small group classes (4-6 students) consisting of 6-8 weekly sessions that have a particular focus. Sample topics include breathing techniques, back pain, shoulder or hip stiffness, and anxiety.

ORGANIZATIONAL GROUP:

Cindy is available to support any organization by offering group classes that utilize yogic techniques such as breath with movement (postures), visualization, guided meditation, and Vedic chanting.

CONTACT:

Cindy Capwell
Cindy.capwell@gmail.com
(704) 957-1563