



*Ceil Hluska, RYT200*

A live long resident of Rome, and a retiree from NYS DDSO in a behavioral unit; Ceil started yoga in 2015 and was very skeptical about it, as she had several surgical fusions in her neck and back. Physical therapy wasn't helping her, she needed to try to get back some of her range of motion and to control her pain (it was starting to get to her). Ceil had always been active and needed to try something. This is when Ceil's yoga journey started, she started with meditation and yin yoga classes. (Yin yoga is a passive, healing style of yoga). Ceil highly recommends this style of yoga to everyone with or without disabilities. After developing a multiple class, a week practice at Just Breathe, Ceil decided in Fall 2017, to take the NEXT step and become an instructor. Because, "I feel better about myself, my weakness became my strength and it is my passion to help people overcome their fears and never give up. Yoga did this for me, it can do it for you! It's a wonderful experience." – Ceil

Ceil lives with Joe Hluska, has 2 children (Dino & Theresa), 3 granddaughters (Miranda, Makenzi, and Sophie). She loves animals, nature, music and art.