

"The journey into yoga and movement began, for me, with pain & seeking the source of an experience of chronic pain in the low spine and hip. This rabbit hole swallowed me up & spit me out in India, where I studied yoga and trained to teach."

Evan Amato graduated from Ashiyana Yoga School in Goa, India in 2020, receiving his 200hr certification in Ashtanga-based instruction. He writes "Now, I move for dear life, towards a dearer life - of realizing deep relationship, embodying compassion, learning to love. and of course (still and always), breathing into the pain that comes and goes.

Evan offers his donation-based **Earth Moves** classes each week at Cotati Moves - a slower practice of listening to our bodies, finding our soft strength and flow.

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earth moves
community yoga
@ COTATI MOVES

if you are...
a yoga or movement practitioner
wishing to let your practice grow, or ground
seeking to integrate a practice into your life
embodying more in community
embodying more of yourself
(listening to your body
loving your body
some body
... this class is for you.

this class is a slow flow, yoga-based, earthy
movement practice.
we'll work with breath and intention,
we'll play,
we'll practice compassion for our bodies,
letting them be how they be, and move how they move.
let's move together.

Saturdays 2:30-4p
donation-based (pay what
you can, or what you feel)

@
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