



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Amber Ackerley



Education and Certifications:

Began study of yoga in 2014 at Yoga on Chocolate in Hershey, PA. Expert 200hr Yoga instructor through Yoga Alliance.

Wellness/Fitness Philosophy:

As a Mind Body Coach I believe in the mind, body and spirit connection. Yoga is a healthy healing avenues that cultivate a life of living in the present. By connecting to your body you can help aid in the natural healing process and uplift your spirit.

Specialty:

I teach Yoga and breathwork for the attainment and maintenance of the mind body connection. I specialize in gentle and power yoga.

LANCASTER FAMILY YMCA

City Center Branch
265 Harrisburg Avenue
Lancaster, PA 17603
Phone: 717-393-9622
Fax: 717-283-1984
lancasterymca.org

Lampeter-Strasburg Branch
800 Village Road
Lancaster, PA 17602
Phone: 717-464-4000
Fax: 717-283-1988
lancasterymca.org

YMCA at New Holland
123 North Shirk Road
New Holland, PA 17557
Phone: 717-354-4747
Fax: 717-355-9943
lancasterymca.org

YMCA Camp Shand
20 Penryn Lane, PO Box 339
Cornwall, PA 17016
Phone: 717-272-8001
Fax: 717-272-2633
lancasterymca.org