

The Center for Fitness Yoga Instructors

Rick Trzcinski began studying yoga in 2007 and received his registered Hatha Yoga Teaching Certification in 2009. Walking with a cane at the time due to neurological issues from chronic Lyme disease and a serious fall from a roof, Rick began yoga for relief of back and neck pain, and he hasn't stopped since. A member of the International Association of Yoga Therapists (IAYT), he is now training at Yoga Yoga of Austin in their Yoga Therapy Teacher Training program. He is presently an experienced registered yoga teacher (E-RYT 200 / RYT500) with Yoga Alliance and will attain his Yoga Therapy RYT-1000 hour certification in 2017.

Rick is active in numerous Veterans Organizations, including the Sons of the American Legion. He is a member of Yoga for Vets.org, a network that offers Veterans four free yoga classes to encourage them to try it out. His training with the Veterans Yoga Project equips him to teach yoga to Veterans with PTSD and Trauma. Rick has been teaching weekly chair/wheelchair yoga at the Kerrville VA to the Alzheimer's/Dementia patients since 2010.

He is the owner of **Rick's Yoga Therapy** and teaches at **Center 2, the Hill Country's premier Pilates and Yoga Studio**. He has many group classes for all levels of experience and is available for private yoga therapy lessons as well. He is looking forward to sharing with you what can be a life changing experience, as yoga has helped changed his life dramatically!