

Yoga on the Green

INSTRUCTORS



SALLY KOWALCZYK: Sally is a Yoga, Barre, and Pilates instructor with over 20 years in the fitness industry. She fell in love with each modality for its unique ability to build strength, mobility, and confidence—and she brings that same passion for overall well-being and lifelong health into every class she teaches. A dedicated traveler who loves meeting new people, Sally enjoys sharing a wide range of movement styles wherever she goes. Her goal is simple: to help people love living in their bodies.

KARLI LIBERTINI: Karli loves world-traveling to learn yoga and she has been practicing for over twenty years. Karli offers philosophies intended to inspire present moment movement, self-study, conscious breath-work and intentional alignment for all levels. Her goal with each class is to empower students to slow down, journey with the changing seasons and balance the mind-body. She believes practicing meditation, reflection, and compassion promotes longevity in our energetic bodies.



SAVITHA ENNER: Savitha grew up in India where she studied Yoga and Yogic Lifestyle through her ancestors and teachers from a young age. She has integrated these teachings with over 700 hours of teacher training that she has taken in the US to help her students adopt the ancient teachings into modern day practices. Her movement classes are alignment based vinyasa style practices, intending to ignite curiosity among her students about their body, energy and mind.

MOLLY MALARKEY: Molly has been practicing yoga since 2010 and teaching since 2016. She loves yoga because the practice allows you to drop right into the present moment and hit pause. She brings energy, connection, and long savasanas to her classes. She loves getting to see her students move their bodies and bring joy and mindfulness into their days on and off of their mats.

