



Ally attended Fort Lewis College in Durango, Colorado where she graduated Magna Cum Laude with a Bachelor's Degree in Mathematics and a minor in Exercise Science Coaching. While going to school, she was on an athletic scholarship for volleyball. She played libero throughout her 4 years with the Skyhawks, earning various awards and recognitions including the Division 2 Athletics Directors Association Academic Achievement Award (2014), three time RMAC All-Academic First Team (2014, 2015 & 2016), Preseason All-RMAC team (2015), and RMAC All-Conference Honorable Mention 2014 ranking 5th in RMAC digs and 10th in aces. Ally truly fell in love with yoga during her days as a collegiate athlete. Yoga provided an outlet to let go of competing and to balance out the high-intensity training she was so accustomed to. With a passion for serving and teaching others,

Ally knew she wanted to become a yoga instructor. After practicing on her own for over 7 years, she finally found herself in a place where she could complete her Teacher Training. Ally received her RYT 200-hour and 300-hour Yoga Alliance certifications through Arizona Yoga Academy and is now a 500-hour RYT. She is certified in Yoga Nidra, Yoga for Athletes and Yoga for Concussions. She teaches many styles of yoga including Vinyasa Flow, Yoga Nidra, Fitness/Power Yoga, Chair Yoga, Yin, Restorative, Gentle Yoga, Wall Yoga, Teen Yoga, Party/Event Yoga, Yoga for Concussions and Yoga for Athletes. In 2021, Ally had the incredible opportunity to become the co-owner of Saule Yoga. Through the yoga studio, Ally strives to create a community where everyone can find strength, harmony, and balance. Ally is committed to providing instruction and support to students to help them cultivate self-love and confidence. She encourages students to strive for authenticity instead of perfection and to use yoga as a means to create an overall sense of well-being and inner peace. Ally is currently enrolled in the Holistic Health Counselor & Longevity Diet Coaching Certification Course through the Academy of Healing Nutrition. She hopes to use this course to become a Holistic Health & Nutrition Practitioner where she can support people on their journey to find their optimum health. Ally believes that through proper nutrition, mindfulness and movement, you can create a life full of inner peace and vitality! Ally also works full-time as Human Resource and Accounting Director for Someburros and Isabel's Amor.

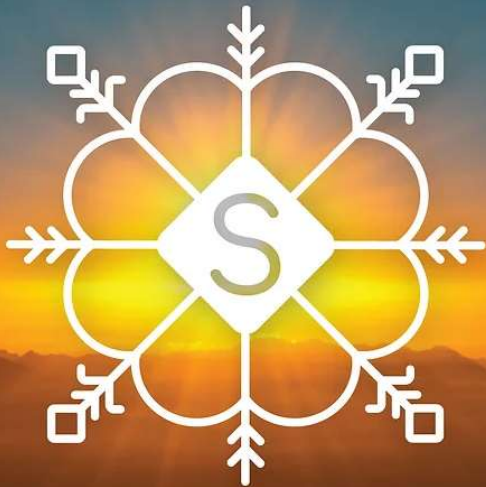
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About Saule Yoga

Here at Saule Yoga, we strive to create a space where people come together through mindful movement to promote vibrancy, balance and harmony at the same time as establishing a sense of community and synergy where the whole is greater than the sum of its parts.

We practice yoga as individuals, each of us coming from a different background and starting point, but we support each other, creating an inner strength and peaceful energy that radiates through our bodies and community each and every day.





saule.yoga
Saulé Yoga



saule.yoga Wellness Wednesday working hard in @drkriswallace 6:00am Fusion Flow with the @lululemon crew! What an awesome group! Love our Gilbert community! ❤️ 🧘🏻 🧘🏻
@yogajulesaz @lil_ally4 @timmyv93 @znejne @jennysperbeck
1w



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Enrollments for November 29, 2022 - November 28, 2023

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All Classes ▾

All instructors ▾

☐ Morning ☐ Afternoon ☐ Evening

<< PREVIOUS

TODAY

NEXT >>

2022-11-29

Seeking Sapphire Sound Healing with Karissa &

Sun

Date: Dec 04 2022

From: 5:30 PM - 6:30 PM

Seeking Sapphire Sound Healing Event, recharge at a cellular level.

\$25 per ticket

Please arrive 15min before to get settled.

Pillows and blankets welcome and encouraged!

[SIGN UP](#)



Crystal Vibes Bracelet Workshop with Kim

Sat

Date: Dec 10 2022

From: 1:00 PM - 3:00 PM

Make a holiday bracelet and learn about crystals for your vibe.

Early Bird Pricing \$25 per ticket.

Price increases to \$35 December 1st so sign up today!

[SIGN UP](#)



Good Grief and Trauma Release with Kara

Sat

Date: Dec 17 2022

From: 1:00 PM - 3:00 PM

Learn practical tools for yourself and loved ones. Release emotional tension. Find connection to your body. Emphasis is on Radical Acceptance. This is an open-hearted environment, embracing of reality. This event will include yoga poses, TRE (Trauma Release Exercises), breathwork, meditation, humor and grief cycle discussion.

\$35 per ticket

[SIGN UP](#)



NEW STUDENT OFFER - 2 WEEKS UNLIMITED FOR \$35! [SIGN UP](#)



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New Student Offer!

\$35 for 2 Weeks of Unlimited Classes!

[PURCHASE HERE](#)



YIN AND RESTORATIVE

This class combines the best of two quiet practices. The first part of class focuses on the practice of Yin Yoga. After stimulating the energy rich connective tissues of the body, the practice transitions into the quiet, surrendered practice of Restorative Yoga.

ALL LEVELS FLOW

This class is great for all levels of students who want to create a strong foundation to their physical practice. Emphasis is also on play and expressing our beautiful spirit and light. It does not matter what level you are at, just do what resonates with you and have a good time.



Saule Yoga



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CLASS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
			FUSION FLOW 6 AM - 7 AM			
	POWER FLOW 7:15 AM - 8:15 AM	YOGA FLOW 7:15 AM - 8:15 AM	YOGA FLOW 7:15 AM - 8:15 AM	YOGA FLOW 7:15 AM - 8:15 AM	GENTLE FLOW 7:15 AM - 8:15 AM	FLOW TO RESTORE 7:30 AM - 8:30 AM
YIN & RESTORATIVE 8:45 AM - 9:45 AM	YOGA FLOW 8:45 AM - 9:45 AM	YIN & RESTORATIVE 8:45 AM - 9:45 AM	FLOW TO RESTORE 8:45 AM - 9:45 AM	FLOW TO RESTORE 8:45 AM - 9:45 AM	YOGA FLOW 8:45 AM - 9:45 AM	YOGA FLOW 8:45 AM - 9:45 AM
ALL LEVELS FLOW 10 AM - 11 AM	WALL YOGA 10 AM - 11 AM	ALL LEVELS FLOW 10 AM - 11 AM	ASHTANGA 10 AM - 11:15 AM	ALL LEVELS FLOW 10 AM - 11 AM	POWER FLOW 10 AM - 11 AM	GENTLE FLOW 10 AM - 11 AM
					PRENATAL YOGA 11:30 AM - 12:30 PM	WALL YOGA 11:15 AM - 12:15 PM
	SAULE BASIC FLOW 4:45 PM - 5:45 PM	GENTLE FLOW 4:45 PM - 5:45 PM	WALL YOGA 4:45 PM - 5:45 PM	GENTLE FLOW 4:45 PM - 5:45 PM		
	YOGA FLOW 6 PM - 7 PM	YOGA FLOW 6 PM - 7 PM	YOGA FLOW 6 PM - 7 PM	YOGA FLOW 6 PM - 7 PM		
	YOGA NIDRA 7:15 PM - 8:15 PM		YIN & RESTORATIVE 7:15 PM - 8:15 PM	YIN & RESTORATIVE 7:15 PM - 8:15 PM		

STRENGTH. HARMONY. BALANCE.