

About Us:

Empower Yoga is here to serve anyone who seeks increased health, wellness and vitality. We combine ancient Yoga practices and techniques with modern day physical therapy and fitness and our foundation is built upon the five pillars of a balanced practice: coordination, balance, flexibility, strength and breath awareness. Performance Yoga® -our specialty- is very beneficial as a supplement to the treatment of most medical conditions and is a positive influence on athletic performance.



Aly Faber, ERYT, RYT, CYT

Aly is a registered and certified Yoga Teacher and Trainer, Fitness Coach and former corporate recruiter with over 19 years of direct and training expertise. She founded her business as a means to “empower” her clients to be powerful tools in their own healing and in the alleviation of pain, injury and stress.

Bridging the gap between the corporate and the holistic/spiritual realms, Aly has a unique mastery of Yogic Principles, Non-Traditional Fitness Training as well as corporate management experience that she used as tools to create Power Performance Yoga®. In this technique, Functional Range of Motion includes Strength, Flexibility, Balance, Coordination and Breath to create Mind/Body Connections to help anyone and everyone from the beginning exerciser young and mature alike, to the professional athlete. She serves the corporate and private sectors through customized programming with the goal of creating healthier, more well-balanced lives.

In addition to local private and group sessions, Aly provides corporate and Yoga training throughout the United States, including speaking engagements on a variety of subjects. She is on the advisory committees for Yoga Alliance and Wellness Coalition America, and has created and managed Yoga, Fitness, and Educational programming for national organizations.

Aly specializes in working with professional sports teams as well as individual players. This includes players from the Carolina Bobcats, Washington Wizards and Carolina Panthers. She also works with young athletes on the high school and college levels. Her customized approach creates performance enhancement, maximization of personal potential and injury prevention and rehabilitation.

Sara Cain, RYT

Sara is a registered and certified Yoga Teacher who has been teaching in the Charlotte area since 2002. In addition, she has over 15 years of professional experience in Human Resources with an expertise in leadership development and safety management.

Sara’s personal yoga practice started in 1999 as an adjunct to her fitness routine. She quickly realized that yoga is a great physical workout but also teaches lessons to live a balanced, healthy, peaceful life. She has a background teaching Power, Vinyasa, Yin, Prenatal, and kids yoga. She provides group, private, corporate, and team yoga training. She has athletic yoga training experience working with her athlete son, youth sports teams, coaches, Girls on the Run club, and adult weekend warrior athletes. She is also on the Board of Directors with Steele Creek Athletic Association.

Her style is positive and empowering; she encourages students to grow by finding the calm at their edge. She is committed to practicing and sharing the benefits of yoga, fitness, health, and wellness.



At Empower Yoga we use the foundations of Yoga: Coordination, Balance, Flexibility and Strength to create the perfect practice for every body. If creating your "best self" is your goal: becoming more fit, agile or even a calmer more serene you, we can help! Yoga is the ideal mind/body exercise to include in any healthcare regime. We fill the gap where your "one size fits all yoga" doesn't apply. Combining the ancient wisdom of yoga with the more modern approaches of physical therapy and fitness, we have a unique brand that merges the best of the eastern and western movement and philosophy. We take physician referrals where other forms of

Performance Yoga® is grounded in ancient Yoga practices and techniques that enhance the coordination, balance, flexibility, strength and breath awareness that are not only the essential components of overall health and well-being but also positively influence athletic performance.

Fitness Yoga® is divided into 3 levels to best fit your needs:

Beginner Fitness Yoga: A great adjunct to your regular fitness routine. This class focuses on familiarizing the first time student with the appropriate postural alignment of

arm balances and inversions, are introduced through a vigorous flow.

Restore and Renew: Restorative yoga is a healing and meditative class designed to calm both the mind and body. Props provide full body support which allows you a chance to move toward relaxation, stillness and peace. Suitable for all levels.

Gentle Yoga: This soothing class will help to calm the mind and body. The slow flow of postures combined with deep breathing will trigger your parasympathetic nervous system thereby minimizing the effects of daily stresses.

What Are the Results?

Athletes and Individuals we have worked with experience:

- Increased functional range of motion
- Mobility in areas otherwise injured or inhibited due to tightness, injury and repetitive motion
- Relief from pain in feet due to "turf toe" or other foot challenges
- Better foot and toe tracking as well as ankle flexion and extension
- More back and core strength and control
- Better gait patterns
- Increased thoracic extension
- Looser hips and less low back pain
- Better longevity during game time
- Quicker recovery times after games and workouts

exercise have not been successful or as a healthy compliment to any health and fitness routine. We also work with many professional athletes- individually as well as in a team environment- for optimal performance, injury prevention and rehabilitation. Through our individually created private sessions and smaller class size, we leave you invigorated and rejuvenated.

Our Specialty Classes Include:

Fitness Yoga: Our signature class that is designed with you in mind. Unlike the "one size fits all" Yoga offered in gyms and studios, Performance Yoga® is designed as a holistic approach to total therapeutic rehabilitation and sports conditioning. Power

classic yoga asana (postures) and pranayama (breath work.) Suitable for the beginner, the person rehabilitating an injury or the advanced yogi looking to deepen their practice.

Intermediate Fitness Yoga: Expand your practice with this class that builds on the concepts developed in the Beginner Fitness Yoga. Classes focus on building strength, coordination, balance and flexibility while further developing the connection to breath.

Advanced Fitness Yoga: This ever-changing, dynamic class is terrific for the experienced yogi looking for a challenging class that will take their overall fitness to the next level. Intense postures, including

Beneficial for those yogis who are rehabilitating injuries.

Deep Stretch: This floor practice helps to open the body through long holds. Quiet the nervous system while improving the mobility of the muscles and fascia to deepen your practice. A perfect compliment to an active lifestyle. Appropriate for all levels.

We also feature:

Private/Semi-Private Sessions: We offer private or small group sessions customized to meet your specific needs. Please call for details and pricing.

