



Rosemary Martilotta

Initially a yoga skeptic, Rosemary Martilotta began taking yoga classes after having her fourth child, and fell in love with the way it made her feel, in body and in mind. After accidentally teaching a class due to an absent instructor, twenty years later, Rosemary is an established, motivating and educated yoga instructor. As one of the first yoga instructors in Riverhead, she believes that yoga allows you to breathe and relax; as a result of her yoga practices, Rosemary feels in better shape now than she was at sixteen. Yoga offers a moment to think, and as an inner healing specialist, she believes that every feeling you have effects the cells in your body. “People of any age can practice yoga, old isn’t determined by the number of years”, says Martilotta, “but by how your body is able to move.” Through yoga, Rosemary teaches her students to feel confident and take a moment to think about YOU.
