



# AMY FRANKENTHALER

AT MIT SINCE 2017  
Group Exercise Yoga



**FUN FACT**  
Amy is a native Texan.

**FAVORITE THING ABOUT TEACHING AT MIT**  
Providing a space for students to unwind, destress, and even escape.

**EDUCATION**  
Union College  
B.S. Biology



**WORDS TO LIVE BY:**  
“We rise up to lift others.”

Amy Frankenthaler started teaching yoga in the Physical Education program in 2017 and teaches yoga and spin at several studios in the Boston area. She is a Registered Yoga Teacher and has completed Mad Dogg Spinning Certification. Amy has a degree in Biology from Union College and enjoys drawing, reading and spending time with friends in her spare time. Her favorite part about teaching at MIT is providing a space for students, staff and faculty to unwind, destress and even escape. Amy hopes that her students feel lifted and inspired as they leave her class, to continue to be their best selves inside and out of the studio. Amy is a native Texan, loves ice cream, and besides yoga and spin, she loves to run.