



Yoga Instructor & Healing Professional

Professional Training	The International Sivananda Yoga Vedanta Centre; Sivananda Yoga Ashram, Nassau, Bahamas (200+ hours completed on May 12, 2007); Yoga Siromani, Diploma #19,677
Professional Summary	Yoga is the journey of finding true peace within the Self. My teachings encourage balance through non-judgment, non-injury, and self-knowledge, while igniting the awareness and intuition of the inner Self. My intention is to spread peace, love and joy to others through yoga and writing.
Educational Summary	Yoga practitioner for over 7 years; extensive study on the Vedanta, the Baghavad Gita, and the Yoga of Synthesis: Karma Yoga, Bhakti Yoga, Raja Yoga, and Jnana Yoga.
Education	University of Miami, Coral Gables, Florida (2003) – B.S.C. Print Journalism & Creative Writing
Practice	Vinyasa, Hatha, and Sivananda Yoga, with Bhakti Yoga, Raja Yoga, Pranayama; Vegan Diet
Workshops/Intensives	<ul style="list-style-type: none">• Maha Sadhana, Dharma Mittra• Mindful Meditation, Rod Stryker• Mulabanda and Meditation, Rodney Yee• Anusara Workshop, John Friend• Rocket Intensive & Workshops, David Kyle (It's Yoga, Puerto Rico)• A Prana Vinyasa Flow Approach to Handstands, Shiva Rea• Mandala Namaskar: The Healing Power of Circular Movement, Shiva Rea• Integrate your Spine through Backbends, Rodney Yee• Chakra Workshop, Veronica Vidal
References	Natalie Morales, Funyasa Yoga™ – Yoga Instructor • 305-724-9646 • www.funyasa.com Penny Needle – Yoga Instructor/Group Fitness • 305-710-2481 Rina Jakubowicz – Owner & Instructor, Rina Yoga • 305-799-7059 • www.rinayoga.com Debra Lee Lazaro – Yoga Instructor • 305-343-6095
Teaching Experience	<ul style="list-style-type: none">• Hot Yoga of Delray – 3205 S Federal Hwy, Delray Beach, FL• Anuttara Yoga – 620 Southeast 10th Street, Deerfield Beach, FL• Equinox Fitness – 370 San Lorenzo Avenue, Coral Gables, FL• Rina Yoga – 2490 Coral Way, 2nd Floor, Miami, FL• Sports Club LA – The Four Seasons – 1441 Brickell Avenue, Miami, FL• The Biltmore Hotel – 1200 Anastasia Avenue, Coral Gables, FL• Milagro Center – 340 SW 6th Avenue, Delray Beach, FL• Brownes Beauty, the Yoga Room – 841 Lincoln Road, Miami Beach, FL• Synergy Yoga Center – 435 Española Way, Miami Beach, FL• Grove Isle Club – 4 Grove Isle Drive, Coconut Grove, FL• Private and corporate
Insurance	Star Insurance Company: Master Policy No. GL0320186; Cert. No. GL0376497
Other Certifications	CPR/AED, American Red Cross
Industry Publications	Yoga Magazine (UK), Vegetarian Times Magazine, The Miami Herald, Aventura Magazine, Florida Travel + Life Magazine, Miami New Times, Coral Living Magazine, Miami Beauty Magazine, Miami's Community Newspapers, Boating Life Magazine, SOBeFiT Magazine