

Yokko

Yoga Instructor (RYT200, RYS100)

yokkoyoga@gmail.com

541.653.6557

Certification

200-Hour Certification (Vinyasa Flow) 2011
Finding Sukah Yoga School with Sarah Coleman & Shaun Granato
Yoga Alliance Registered School

100-hour Certification (Therapeutic Yoga)
Pure Yoga with Dana Slamp & Jon Witt
Yoga Alliance Registered school

Teaching Style

Vinyasa Flow, Therapeutic (Slow Flow, Yin/Yang), Pranayama, Meditation, Yoga Nidra,
Ashtanga inspired Vinyasa, Restorative

Experience

- March 2017- present
 - Movement Improvement
- July 2016 – December 2017
 - Benefit NYC
- September 2011-Present
 - The Ume Group (Sunday Yoga Class)
- September 2015-Present
 - The Ume Group's 12 weeks physical Theatre course (semester based)
- September 2011-April 2012
 - Movement Class at MFA Program at Pace University
- December 2011-January 2012
 - Finding Sukha Yoga (East Village)
- November 2013-January 2014
 - ABC Sanctuary (East Village)
- December 2013-January 2014
 - IRC Center (union sq)
- September 2011-Present
 - Private sessions

Qualifications

- I have experienced teaching individual, small groups (2-3people) and large class (30 people)
- I have been practicing Yoga since 2007, Vinyasa, Ashtanga, Hatha, Kundalini
 - I have been teaching not only Yoga, but movement and theatre since 2013

Practice / Education

- Finding Sukha Yoga, NYC, Vinyasa Flow 200-Hour Certification
- Pure Yoga, NYC, Therapeutic Yoga, 100-hour certification
- Kundalini Yoga, NYC
- Ashtanga Yoga, NYC

Reference:

Jordan Rosin, the former Artistic producing director of The Ume Group
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Gregory Taylor The funder of Movement Improvement Physical Therapy
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