

YAMILEE BASTIEN, RYT

SUMMARY :

Registered Yoga Teacher (200 hours) with Yoga Alliance... 4 years of teaching vinyasa yoga to beginner and intermediate students... gentle yoga for students with special needs such as absolute beginners, plus-size yogis, sports injuries, seniors and people in wheelchairs... I have organized and led 7 yoga retreats in Africa, India, and the US

YOGA TEACHER TRAINING AND CERTIFICATIONS :

- 2007 Liz Franklin's Yoga in Chairs Delray Beach, FL**
Completed 40 hours of training – Certification received April 2007
- Received scholarship from Multiple Sclerosis Foundation to participate in intensive teacher training for teaching students with limited mobility
 - Coursework and practicum on teaching modified asanas (yogic postures) to people in wheelchairs
- 2005 Living Yoga Program Austin, TX**
Completed 200 hour Yoga Teacher Training Certification Dec. 2006
- Coursework with extensive practicum on teaching asana, sequencing, pranayama (breathing exercises), and yoga philosophy
- 2003 Tranquil Space Yoga Washington, DC**
Completed 33 hour Level 1 Vinyasa Yoga Teacher Training - Certification received Feb. 2003
- Coursework with practicum on teaching asana, pranayama, yoga philosophy, sequencing, and a basic introduction to prenatal yoga

ADDITIONAL YOGA TRAINING:

- 2006 Mysore, India :** Two months of intensive daily Ashtanga Yoga Practice with Saraswati Rangaswamy and Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute
- 2006 San Francisco, CA :** 5-day Ashtanga Yoga workshop with Sri K. Pattabhi Jois
- 2004 Washington, DC :** Personal Revolution Weekend with Baron Baptiste : 2-day intensive Vinyasa Power Yoga workshop
- 2003 Washington, DC :** 1-day intensive Vinyasa Yoga workshop with Dharma Mittra
- 2002-03 Costa Rica :** attended two 1-week yoga retreats at Pura Vida Yoga Retreat Center with Vinyasa Yoga teacher Kimberly Wilson