

So far...

Studio Founder & Owner **NP ROCK YOGA** New York 2012-2016.

Director & Lead Teacher studio and teacher trainings featuring  
hatha, hot, vinyasa, yin, restorative classes.

Full time teacher group & private classes,  
worldwide retreats & trainings.

**200 hour Hot** training Absolute Yoga

**200 hour Vinyasa** Yoga to the People

**50 hour Advanced Fly** training Laughing Lotus

**100 hour Enrichment** Practice Nikki Costello

**50 Hour Advanced Yin** Biff Mithoefer

**100 Hour** Gulnaz Dashit, Pune, India

**20 Hours Anatomy** Tiffany Cruikshank

**20 Hours Carrie Owerko** Iyengar 101

Continuing Ed Always with Bryan Kest, Baron Baptiste, Genny  
Kapuler, Nikki Costello

