YogaWorks 300 hour Teacher Training
They Started at YogaWorks and Now...

Transform Your Life.
YogaWorks Teacher Training.
Why YogaWorks Teacher Training?

Since 1990, YogaWorks has trained thousands of new teachers including some of the most celebrated modern day yogis. This training provides practitioners a time-tested tool kit to teach and practice skillfully - with safety, integrity and compassion.

- **Experience.**
  Training curriculum refined over 20 years.

- **Deepen your practice.**
  Transform your practice and gain a deeper understanding of yourself.

- **Intelligent sequencing.**
  Learn the art and science of designing a dynamic class.

- **Learn to truly teach, not just recite.**
  Serve your students by instructing their bodies into alignment.

- **Platform for developing your own style.**
  Find your own unique voice as a teacher.

- **A globally recognized network.**
  YogaWorks teacher training is respected worldwide.
Training at a Glance

Training starts with:
Welcome Circle • Standing Poses • Sun Salutations • Inversions • Standing & Seated Twists • Simple Back Bends

Advances to:
Upward Facing Bow • Forward Bends • How to Teach Beginners • The Subtle Body & Ayurveda • Pranayama & Breathwork

Concludes with:
Hip Openers • Prenatal Yoga • Restorative Yoga • Abdominals • Arm Balances • Closing Ceremony

Yoga philosophy, anatomy and practice teaching are interwoven throughout the entire training.

Included in Your Tuition:
- 8 Weekends with Top YogaWorks Teaching Staff (Alexandria Crow, John Gaydos, Patti Quintero, Sonya Hanlon Birgitte Kristen and Olivia Barry)
- YogaWorks training manual
- Letter of completion & diploma to register with Yoga Alliance upon successful completion of the training
- Hands on and in depth mentorship with Local All About Yoga Mentors
300 Hour Teacher Training

Meet Your YogaWorks Teachers
Olivia Barry is a certified YogaWorks Teacher, 500-hour Teacher Trainer, and Author of the Anatomy Manual used internationally in the 500-hour YogaWorks Teacher Training. She is also in private practice as a licensed Physical Therapist specializing in orthopedic injury prevention and rehabilitation. Her educational background includes a B.A. from UC Berkeley and a Masters in Physical Therapy from California State University at Northridge.

Further studies include Teacher Training at YogaWorks in Santa Monica (500-hour), Teacher Training and Certification at the Iyengar Yoga Institute of Los Angeles, and the Mindful Yoga and Meditation Teacher Training at Spirit Rock in Northern California. Olivia also studied intensively with the San Francisco Ballet.

Contact Olivia Barry
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Alexandria Crow's yoga experience has been about transformation. The physical challenges of yoga provided a natural familiarity for the former competitive gymnast, while the philosophy of yoga has given her tools she uses to approach life with a fearless attitude. When her career in the fashion industry proved unfulfilling, Alex turned her attention to yoga. It was during her first teacher training that Alex realized the connection between the physical practice of yoga and the spiritual texts she had been studying. She learned the importance of living in the present and how one’s thoughts do not reflect one’s true self. This lesson and her continued yoga practice transformed her life.

Alex shares her personal experience of the transformative nature of yoga with her students. Her approach to teaching stems from her belief that the practice is for everyone. She guides her students step by step through creative sequences providing all of the components needed for each individual to feel successful. She encourages her students to challenge themselves while focusing on staying conscious of their body’s strengths and limits and making good decisions based on the present moment. Alex’s emphasis on paying attention allows her students to create true change and growth, something they can take with them into their daily lives.

Alex completed an extensive training starting with the YogaWorks 200-Hour Certification Program, followed by a lengthy one-on-one apprenticeship with James Brown (former lead teacher trainer for YogaWorks and founder of American Yoga School) over the course of almost 1,000 studio and classroom hours. Since 2010, she has been leading 200 and 300-Hour Teacher Trainings in Santa Monica, CA, and various cities around the United States.

Contact Alexandria Crow:
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https://www.youtube.com/watch?v=bhtnQUSX2rM&feature=youtu.be
http://instagram.com/alexandriacrowyoga/
Meet YogaWorks Teacher: John Gaydos, E-RYT 500

John Gaydos has been practicing yoga since 1972 and teaching at Yogaworks in Santa Monica since 1997. He used to be a professional dancer and started to teach yoga when he retired from dance. One of his specialties is teaching yoga to dancers and have taught yoga in the dance departments of California Institute of the Arts, California State University at Long Beach and Loyola Marymount University. At Yogaworks, he mainly instructs classes for beginners and seniors.

He enjoys introducing yoga to people who have never experienced the practice before – where everyone can enjoy and benefit greatly from the practice. He has been leading Yogaworks Teacher Trainings for almost ten years and usually leads Teacher Trainings in Santa Monica at least once a year. He teaches Yogaworks Teacher Trainings all over the world – and has led trainings in Santa Barbara, San Francisco, Orange County, Boulder, Vancouver, Paris, Osaka, Tokyo, Oslo and Nuremberg.

John is also the Director of Teacher Trainer Development in Los Angeles (mentoring other trainers) and also teach in the Yogaworks Professional (300 hour) program.

Contact John Gaydos
www.johngaydosyoga.com
After earning a BA in psychology from the University of Arizona, Sonya moved to LA in 1999 to pursue a career in Clinical Psychology. She was dragged reluctantly to her first yoga class with Steve Ross which turned out to be over her head at the time, but knew immediately that she wanted to learn more about Hatha yoga.

Sonya began practicing yoga regularly in 1999 at Yoga Works in Santa Monica with Maryam Askari and shortly after discovered Ashtanga yoga with Chuck Miller in 2000. A couple years later she began studying with Maty Ezraty, the founder of Yoga Works.

Since then she has become a dedicated practitioner of the ancient method linking breath with movement though she credits Iyengar teachers such as Lisa Walford and Gabriella Guiblingo as having tremendous influence on her. After deciding to get a desk position at Yoga Works in Santa Monica, Sonya chose to temporarily put aside her plans to pursue Psychology and graduate school and chose instead to take the Yoga Works teacher training with Maty Ezraty and Lisa Walford. Through her daily Ashtanga practice Sonya has learned to focus her mind as well as tap into an inner strength and peace that no other type of yoga has given her. She believes the practice is the ultimate tool for observation and feels privileged to be able to share her love of Ashtanga with others.

In October of 2006 Sonya traveled to Mysore, India for 2 months to study Ashtanga with guru, Sri K. Pattabhi Jois, and is very much looking forward to returning.

Contact Sonya Cottle Hanlon
www.sonyacottle.com
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Meet YogaWorks Teacher: Birgitte Kristen, E-RYT 500

Birgitte Kristen grew up in Denmark. At the age of 19, she was given the opportunity to move to Los Angeles, where she started studying psychology, massage therapy, meditation, and yoga. During her teens, she had struggled with anxiety, OCD, and an eating disorder, and had plenty to work with and plenty to learn from. As she dived into a more serious yoga practice, she experienced the healing aspects of yoga, how it centers and brought clarity to her. Having been on this wonderful eye opening and healing journey since 1990, she has been teaching at Yogaworks since 1993.

Over the years, she has studied with many great teachers such as, Paul Grilley, Erich Schiffman, Rod Stryker, Lisa Walford, Maty Ezraty, John Friend, Gary Kraftsow, and Julie Gudmestad. She is Yogaworks certified, E-RYT 500 Hour, and since 2005 has been teaching trainings and mentored future teachers. She is currently on the certification panel at Yogaworks and known for teaching the Yogaworks method and exemplifying it which is about mindful sequencing, healthy alignment, and meeting the student at their specific level,

Her purpose as a yoga teacher is to facilitate the journey of moving into a place of stillness through working the poses, connecting with the breath, and observing one’s thoughts. In her own words, “Yoga is about clearing any obstructions which separate us from who we innately are so instead we can experience wholeness. Yoga is a beautiful and profound practice that can benefit all of us at whatever age. I have so much gratitude for having such a healing modality and being able to share it with thousands of students, who sincerely have been my greatest teachers.”

Contact Birgitte Kristen:
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Patti began practicing yoga in 1994, and has taught for the past thirteen years. She has studied several traditions of yoga including Ashtanga and Iyengar, as a result her classes give careful attention to postural alignment and the fluidity of body and breath. She offers a challenging yet compassionate approach encouraging her students to move through the landscape of postures into a space of stillness and clarity.

Patti has taught at YogaWorks since 2001. As part of their Teacher Training Faculty and Professional Program, she leads 200-hour teacher trainings and mentors trainees for the 300-hour program. Patti is also a certified Doula and leads prenatal teacher trainings locally and internationally. Patti is the lead in the Yoga Works DVD Beginners AM/PM and has inspired many pregnant women with her prenatal yoga DVD Journey to Birth. She has taught at the Yoga Journal National Conference and has been featured on E! Channel, as well as several wellness magazines including Yoga Journal, Cookie Magazine, Working Mother and Access Hollywood Online. Patti teaches Vinyasa Flow classes and Prenatal Flow at YogaWorks in Santa Monica, California and is one of the featured online yoga instructors at MyYogaWorks.com. She also works privately with clients, and travels periodically teaching workshops, retreats, and teacher trainings in both English and Spanish. She holds a Masters Degree in Education from the University of Miami, and is a 500-hour Yoga Alliance certified yoga instructor.

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300 Hour Teacher Training

All About Yoga Teaching Staff
Meet Your Mentor: Nita Andrieu, E-RYT 500

Nita Andrieu is grateful for her extensive studies with teachers Judith Hanson Lasater, Seane Corn, and Kathleen Grace Santor where she developed a strong anatomy base and an understanding of designing a practice to nurture the whole student. She is a Yoga Alliance E-RYT 500, Advanced Relax and Renew® Instructor, with additional certifications in Yin Yoga and Children’s Yoga, as well as leads 200 and 300-Hour Teacher Training workshops since 2010.

Her classes are grounded in the fundamentals of alignment based yoga combined with thoughtfully sequenced poses. With a profound belief that yoga is for everybody, her passion lies in the healing properties of deep relaxation as experienced with restorative yoga.

Contact Nita Andrieu:
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Meet Your Mentor: Kristina Blunt E-RYT 200, RYT 500

Affectionately called Kris, the path to yoga was a natural progression from the world of dance. In 2007, Kris received her 200 Hour Teacher Training Certification through YogaWorks under the guidance of Senior Teachers Jeanmarie Paolillo and Jenny Aurthur. Following her training, she immediately began leading a yoga warm up to the cast and crew of Broadway’s The Lion King. In 2008, she returned to YogaWorks to deepen her knowledge of yoga and teaching. Upon completing her 300 Hour training, the YogaWorks family invited Kris to join the teaching staff of YogaWorks where she happily taught for two years until relocating to Las Vegas, NV. Kris is registered with Yoga Alliance, holds additional certifications in Pre-Natal and Restorative Yoga and has more than 108 hours in Yoga Anatomy.

Kris believes the body is an instrument of expression and the art of yoga fine-tunes our body so that it may be of the highest service to our entire being. Yoga promotes healing and as a teacher of the healing art of yoga, a great deal of care is given to alignment to ensure the body is safe. Alignment plays a pivotal role in positioning the body in a certain way to assure a continuity of energetic flow and creates a physical structure that supports the natural flow of breath.

Contact Kristina Blunt:
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Meet Your Mentor: Jennifer Pierotti E-RYT 200, RYT 500

Jennifer Pierotti is an accomplished and experienced yoga teacher who completed her 500 RYT certification at YogaWorks in Los Angeles after first earning her 200 E-RYT certification at All About Yoga in Las Vegas.

Jennifer mentored, assisted, and trained with Sonya Cottle to learn the Ashtanga Yoga system as taught by Sri K. Pattabhi Jois during her seven month training at YogaWorks. Jennifer continues her education through yearly Ashtanga and Iyengar training intensives with Maty Ezraty, the original founder of YogaWorks.

Jennifer’s advanced knowledge of anatomy produces precise alignment cues and hands on adjustments that elevate the practices of both beginning and advanced yoga practitioners. Her depth of knowledge and dedication for the practice of yoga and its philosophy are conveyed in every class, private lesson, and workshop she offers.
Meet Your Mentor: Caren Strait, ERYT 500

Caren Strait, ERYT 500 enjoys teaching all levels of Hatha Yoga; her teaching style is a unique mix of techniques learned from many teachers. Caren specializes in teaching those who have physical challenges in group and private settings. She has led instructor training and continuing education workshops for group fitness instructors, personal trainers, and now yoga teachers.

She loves yoga, and feels it is constantly teaching her to be a better person and a more compassionate teacher. Caren is an Experienced Registered Yoga Teacher (500), Certified Fitness Instructor, Personal Trainer, Reiki Practitioner, Cancer Exercise Specialist, and LifeForce® Yoga Practitioner. Caren has been in the fitness business since 1987, and has taught yoga since 2003. Her 200 hour training was through Yoga for Real People in Dayton Ohio, where she also trained as a Sound Body Yoga Therapist.

Caren completed her 300 hour teacher’s training at SMCN in Las Vegas. She has taken special training in LifeForce® Yoga to Manage Your Mood with Kripalu Master Teacher Amy Weintraub, Adaptive Yoga for MS Training with Karen O’Donnell Clarke, and Cancer Exercise Specialist Training from the Cancer Exercise Training Institute. She also completed the Therapeutic Yoga for Seniors training at Duke Integrative Medicine, and most recently graduated from Nischala Joy Devi’s Yoga of the Heart therapeutic yoga training for heart disease and cancer.

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Meet Yoga Teacher: Kathleen Grace Santor, M.Ed., Ed. S, E-RYT 500

Kathleen Grace Santor, M.Ed., Ed. S., E-RYT 500, Director of All About Yoga in Henderson Nevada, has an extensive background as a yoga teacher and practitioner. She was inspired to study yoga at the University of Florida during her college years. Kathleen has been a Yoga Teacher Trainer since 2001.

She also provides a specialized certification program for yoga teachers interested in incorporating stress education and stress reduction into their teaching repertoire. Kathleen taught Mind Body Health and Solutions for Stress classes during her 22 year career as an adjunct faculty member at the College of Southern Nevada. Her experience in the academic environment proved to be invaluable in the development of an outstanding Yoga Teacher Training curriculum for both 200 and 300 hour trainings. Her strong commitment to high standards and best practices in the training of yoga teachers has led her to create a Training the Yoga Teacher Trainer program for those who wish to become yoga teacher trainers.

Kathleen is a licensed Marriage and Family Therapist in private practice in Henderson. As a therapist she integrates her knowledge of yoga and stress management with her counseling skills as appropriate to the needs of each client.

Contact Kathleen: www.yogainlasvegas.com
300 Hour Teacher Training

Meet Yoga Teacher: Dorothy Guy, E-RYT 500; RPYT

Dorothy is a Certified Stress Management Educator & Consultant. Completing Pre/Post Natal Certification with high honors. Her passion is to work with beginners and is dedicated to introducing them to Yoga with safety and alignment, providing tools to advance their practice confidently.

Her studies with Kathleen Grace Santor, Sean Corn, David Frawley and Deepak Chopra, have influenced a desire to help students find personal mind/body empowerment through Yoga and the inner vibrations of Chanting. Education in the recognition and management of stress provides students with a healing, calmer, more relaxed Yoga practice and life experience. Dorothy's unique creation “Yoga Raqs (R)” is an energetic flow of Yoga & the mysterious beauty of Middle Eastern Dance.

Contact:
www.yogainlasvegas.com for class schedules, workshops
Meet Yoga Teacher: Marissa Lee Harris, B.A., M.A., E-RYT 500, CPT

Marissa Lee Harris was introduced to yoga philosophy, mantra meditation, and asana in 1994. Her practice began to develop depth and steadiness when she concluded her university studies, and she began teaching in 2006. Participation in numerous teacher training programs has led her to accumulate well over 1,000 hours of formal training, and she is registered with Yoga Alliance at their highest level of E-RYT 500.

What most qualifies Marissa as a yoga teacher is her commitment to study and practice. In addition to her attempts to live in a way that is most in keeping with yogic values, she maintains a formal daily practice that includes āsana, prānāyāma, Sanskrit chanting and meditation. Marissa travels regularly to study with her teachers Sharath Jois, David Miliotis, and Chase Bossart. She also studies locally with Baba Anal.

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