

Jany

SLAY

VINYASA YOGA INSTRUCTOR



Based

Sacramento, CA 95838

Email

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Instagram

@jany_yogi

INTENTIONS

As a teacher of yoga and explorer of the world I strive to share my passion for the practice to those I meet along my travels. I offer my warm heart, encouraging energy, and compassion to those seeking to move and accept their bodies with love.

TRAINING HISTORY

Padme Yoga Center, Sacramento CA
200 Hour Vinyasa Teacher Training, 2015

Yoga Shala, Sacramento CA
25 Hour Art of Assisting, 2016

Arden Hot Yoga, Sacramento CA
90 Hour Advanced Sequencing, 2017

Love Story Yoga, San Francisco CA
20 Hour Yoga Hustle: Business of Yoga, 2019

Urban Yogi, Sacramento, CA
8 Hour Keeping Moms Safe, 2019

TEACHING EXPERIENCE

2017 - Present	Solfire Yoga
2019 - Present	Purely Hot Yoga
2019 - Present	Urban Yogi
2019 - Present	Akasha Yoga
2017 - 2020	The Well
2018 - 2019	Rebel Yell Yoga
2016 - 2018	Yoga Moves Us
2015 - 2016	Padme Yoga

SPECIAL SKILLS

- Studio Liaison & Social Media Manager
- Covid Safe & Zoom Trained
- 15+ Years of Customer Service
- Launched & Sold Personal Brand Products