

MICHELE CARRIÓN YOPPS

ALL LEVELS YOGA INSTRUCTOR

HATHA HEART ALIGNMENT | GENTLE | YIN | MEDITATION | YOGA NIDRA



OBJECTIVE

Practice and teaching aim to encourage students to fuel their creative core within the boundaries of a safe practice environment, and re-connect with their authentic selves via asana, meditation and breath.

CERTIFICATIONS

- Registered Yoga Teacher (RYT200)
- Advanced Training (RYT300)
- Yin Yoga (100 hrs)
- Yoga for First Responders - Level II Instructor
- Yoga Nidra Certification
- YMedica Certified (Breast Cancer Patients)
- Kidding Around Yoga (KAY)
- Licensed with Yoga Alliance | Insured CPR & AED Certified

TRAINING

- 200 Teacher Training - Dr. Steve & Darlene Feinzig | Yoga 1 - 2014
- 300 Advanced Training - Christina Sell & Gioconda Parker - 2017

CONTACT INFORMATION

Mobile: 954-461-4444
Email: info@micheleyoga.com
Website: www.micheleyoga.com
Facebook: @divagirlyoga
Instagram: @divagirlyoga
LinkedIn: Michele Yoga & Wellness

BIO

Michele is a native New Yorker who loves to cultivate her artistic and creative core with the spiritual and meditative teachings of yoga. Her top two character traits include, "Learner", and "Achiever", as she truly enjoys being a student, almost as much as teaching and sharing yoga. After twenty years as a media-marketing professional in the corporate sector, Michele opted to use her business savvy and solid interpersonal skills to cross over into the healing realm that yoga provides.

Her teaching style fosters a safe, mindful, and supportive class environment for students to develop and practice yoga at any level. She continuously works to provide a class-balance that utilizes solid foundation and alignment with modifications and progressions, allowing students to "deepen" their practice, as they see fit. Her goal is for students to leave every class - smiling and feeling great!

ACADEMIC BACKGROUND

New York University - New York, New York

B.S Marketing - Stern School of Business

Michele Yoga & Wellness, LLC