

LAUREN KEATING

Yoga Instructor

553 Lorimer St, Apt 2
Brooklyn, NY 11211

keatlo@gmail.com
646.404.4404

Teaching Style

I take a personal and individualized approach to teaching yoga, influenced by my own experience as a practitioner of Bryan Kest-inspired Power Vinyasa Flow yoga. The basis of my teaching philosophy is that yoga can benefit all body types; if you can breathe, you can benefit from yoga. The base of my classes is a focus on breath, while leading students through a series of asanas. The sequence and intensity of the class vary in accordance with students' experience, energy and prowess. My classes are accessible to beginners, while also challenging for intermediate students – with individual attention paid to each student.

Experience

October 2009 – Present

- Yoga to the People
- Power Vinyasa classes, 25 – 60 students

December 2009 – January 2010

- Christmas Country Dance School, Country Dance and Song Society
- Morning Warm-Up and Evening Cool-Down Classes, 2 – 12 students

November 2008 – May 2009

- University of New Mexico
- Vinyasa yoga as a component of Movement for Actors classes, 6 – 12 students

Qualifications

- I have experience teaching individual sessions, small groups (3 – 12 people) and large groups (30 – 60 people).
- I have been practicing yoga for the past four + years: Power Vinyasa Flow and Traditional Hot Vinyasa.
- Through my training as a director, I have experience with the Alexander and Linklater techniques of body alignment.

Retreats

Menla Meditation Center

- Silent Retreat: Vinyasa Yoga, Native American Sweat Lodge

Workshops

- Sam Chase: Yin Yoga; Yoga and Happiness
- Nikki Costello: Iyengar Yoga, The Principles of Alignment
- German Bravo: Yoga for Senior Citizens, Yoga for the Disabled
- Beatrice Lorenzetti: Yoga for Children
- Hilary Thomas: Somatic Experiencing Trauma Therapy
- Zander Gladish: Emotional Freedom Technique, Needle-free Acupuncture
- Patrick Taylor: Speaking to be Heard, Vocal Training for Yoga Teachers
- Prem Neerajan & Sundar Ashni: OSHO Active Meditation
- Adam Rubenstein and Nora Wilson: Kundalini Yoga
- Yee-Ching Lee: Breath of Change, Kriya Breath Work and Meditation

Education

- Yoga to the People, Power Vinyasa Flow. 200-Hour Certification.
- Greg Gumucio: Bikram Yoga
- Lindsay Dombrowski: Sequencing and Dialogue
- Sam Chase: Anatomy of Asana
- Lori Brungard: Asana Adjustment
- Dr. Meg Hayes: Anatomy and Physiology
- German Bravo: Yoga Sutras and Philosophy
- Michel Swornik: Koshas, Chakras and Meditation
- Witness Relocation: Modern Dance, Dance-Theatre, Choreography
- New York University: BFA, Theatrical Direction