



ABOUT ME

After practicing yoga for about 10 years and falling madly in love with this beautiful practice, I finally took the leap to become a teacher in Fall 2023. My mission is to make yoga accessible to every person who comes to my class and to guide them through a transformative journey throughout the practice. I fully believe that yoga is a place for all bodies, all minds and all levels of students. From beginners to advanced yogis, my goal through creative sequencing, breath work and theming is help them let go of imperfection, quiet their mind chatter and empower them to find their strength.

CONTACT

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ANNA'S SPECIALTIES

Hands-on-assist extraordinaire!

Creative sequencing and theming

Student comfort, connection and community building

Anna Koehler Fox

YOGA TEACHER

ANNAFOXYOGA.COM

EXPERIENCE

YOGA TEACHER INTERN

2023 - PRESENT, THE RIVER YOGA

- Lead a power yoga vinyasa flow class using breath to movement sequencing and alignment cues.
- Offer hands on assist throughout practice to guide students
- Studio operations before and after class - Welcoming students to the studio, registering them for classes using Walla.
- General studio care duties - laundry, cleaning mats, sweeping studio.

VOLUNTEER EVENT ASSISTANT

2024 YOGA ON THE ROCKS

- Guided guests to find their spots to place their mats strategically to fill up the rows.
- Engaged with students to help them feel comfortable and supported.
- Promoted The River by offering info about the studio and its exceptional teachers and community.

CERTIFICATION

RYT 200 HOUR CERTIFIED

2023 - THE RIVER YOGA

- Completed all necessary requirements for certification completion from the Yoga Alliance certified Yoga Teacher Training program under the guidance of Marisa Kowalski and Meghann Volz.