



ANNALISE FREYTAG

YOGA INSTRUCTOR | MENTAL HEALTH
& SUBSTANCE ABUSE AWARENESS ADVOCATE
DENVER & CHICAGO

CONTACT

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🌐 yogawithannalise.com

EDUCATION

2026

Peer Recovery Coach

Advocates for Recovery Colorado
Denver, CO

2020

Registered Yoga Teacher (200 RYT)

Namaste Yoga
Royal Oak, MI

2020

Certified Leader

Yoga of 12-Step Recovery

Y12SR
Chicago, IL

2010

Bachelor's of Fine Arts - Photography

Western Michigan University
Kalamazoo, MI



INTRO

I am a compassionate, recovery-oriented professional with lived experience in mental health and substance abuse recovery, committed to providing non-clinical, strengths-based support. I have a proven ability to leverage personal journey to inspire hope, promote wellness, and guide individuals in their own recovery paths.

EXPERIENCE

OWNER/INSTRUCTOR - YOGA WITH ANNALISE

2022-Present

- Freelance instructor for in-person, online & in-studio
- Community wellness leader & collaborator

FOUNDER/OWNER/INSTRUCTOR - TRIKONA YOGA CO.

2019-2022

- Founded trikona yoga co., a premiere yoga collective in Chicago with niche classes in mental health and substance abuse recovery
- 7+ years of yoga instruction to private clients and online yoga classes with a 100+ client database
- Director of Operations and Marketing; created the business from the ground up
- Secured a partnership with NAMI Chicago to host monthly workshops for the public in regards to mental health and substance abuse disorders

ART DIRECTOR FOR RYT PROGRAM - NAMASTE YOGA

2019-2020

- In-House Art Director and Graphic Designer for the studio's 200RYT Program
- Worked alongside the Owner and Lead Instructors to create custom content for all course materials
- Photographer and Editor for all course material assets

ASSOCIATED STUDIOS

- NAMASTE YOGA
- RITUAL HOT YOGA
- YOGASIX
- ROCK SOLID HEALTH
- MERRITT WELLNESS
- MCFETRIDGE SPORTS CENTER