



CONTACT

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Y12SR
Yoga of 12-Step Recovery



www.trikonayoga.co



@trikonayogaco

YOGA SPECIALTIES

- Vinyasa
- Hatha
- Trauma Sequence
- Nidra
- Yin
- Pranayama
- EFT Tapping

ANNALISE FREYTAG

Yoga Instructor | Mental Health Awareness Advocate

WORK EXPERIENCE

2019-Present

Founder/Owner/Instructor

trikona yoga co. | Chicago, IL

- Founded trikona yoga co., a premiere yoga collective in Chicago with niche classes in mental health and substance abuse recovery
- 4+ 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

2019-Present

Art Director | Teacher Training Program

Namaste Yoga | Royal Oak, MI

- 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

EDUCATION & TRAINING

2020

Registered Yoga Teacher, 200RYT

Namaste Yoga | Royal Oak, MI

2020

Certified Leader, Y12SR (Yoga of 12 Step Recovery)

Y12SR | Chicago, IL

2010

Bachelors of Fine Arts with an emphasis in Photography & Intermedia

Gwen Frostic School of Art

Western Michigan University | Kalamazoo, MI