



SARAH DEFOOR, MBA & E-RYT 500

Founder of Yovana Yoga

PROFILE

My goal is to have students leave class feeling better than when they arrived. That is more important to me that getting you in fancy poses. I take pride in being able to adapt most poses in dozens of ways to best fit the person. Because I truly believe it isn't how the pose looks that is important, it is how it feels in your body.

CONTACT

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CLASS STYLES TAUGHT

Alignment Based Hatha Yoga
Yoga for Back Care
Seniors Chair Yoga
Active Chair Yoga
Yin Yoga
Restorative Yoga
Yoga for Osteoporosis
Yoga Kurutna (Yoga Strap Wall)

1000+ TRAINING HOURS INCLUDING BUT NOT LIMITED TO THESE CERTIFICATIONS:

CYT 200 & 500 Under Susan Hopkins E-RYT 500 & IAYT 2017 & 2018

Yoga for Back Care Lillah Schwartz E-RYT 500 & IAYT 2017 & 2022

Relax & Renew Level 1 Restorative Under Judith Hanson Lasater PHD, PT, & E-RYT 500, 2019 & Level 2 to be completed in May 2024

Yoga for Osteoporosis with Dr. Loren Fishman MD & IAYT 2021

Yoga to for Back Care with Dr. Loren Fishman MD & IAYT 2022

Yin Yoga Training with Sarah Powers 2023

Yin Yoga Training with Bernie Clark to be completed in March 2024

WORK EXPERIENCE 3,500+ TEACHING HOURS

Yovana Yoga 10/2018–Present

Founder and owner. Teacher and lead trainer. Chief Marketing officer and Retail nerd.

Etowah Valley Yoga 6/2017– 12/2019

Taught a monthly Restorative yoga class and subbed all class styles as needed.

Corporate World

Corporate executive in the video games industry for 25 years that built international divisions in multiple countries. Set up a \$100 million private label division and sold into major accounts like Walmart and Target.
