

Izumi Sato

<h2>Yoga Teacher</h2> <h3>E-RYT 500</h3>	<h3>Social Media</h3> <p>Website: www.IzumiSatoJoy.com Facebook: izumi.sato.yoga Instagram: yoga with izumi Contact: Yoga.Izumi.Dance@gmail.com Cell: 650-450-6333</p>
	<h3>Professional Profile:</h3> <ul style="list-style-type: none"> ★ Dependable, Dedicated, Delightful ★ 12 years / 4000+ hours of teaching yoga ★ Vinyasa, Flow, Gentle, Yin, Restorative, & Ashtanga influenced Yoga ★ 100 hours Meditation Certification ★ Teaching yoga for all levels. Help everyone succeed
<h3>Certifications</h3>	<h3>Education / Awards</h3>
 <p>E-RYT 500, 2023 RYT 500, 2021 E-RYT 200, 2018 RYT 200, 2012 CPR/AED Heartsaver</p>	<p>Public Speaking, Stanford University, 2006 MA Dance (education/ kinesiology), University of Hawai'i, 2005 Rotary International Ambassadorial Scholarship, 2003-05 Ganesa Natyalaya, Indian Government scholarship, 1997-2002 Indira Gandhi Priyadarshini Award, 2001 BA Cultural Anthropology, Kyoto Seika University, 1997</p>
<h3>Teaching Experience</h3>	<h3>Personal Profile</h3>
<p>@ Apple @ Visa @ Breathe Together Yoga @ Shashi Hotel Mt View @ NVIDIA Corporation @ ServiceNow @ 49ers Fit @ Worlds Yoga @ Total Woman Gym and Spa @ Studio 10 Dance @ Legato Music School @ Mount Madonna School @ UC Santa Cruz @ University of Hawai'i @ University of Utah @ Mid-Pacific Institute</p>	<p>Izumi Sato is a lifelong adventurer and dedicated yoga practitioner who explores the art of sharing happiness and freedom through movement and mindfulness. She empowers students to uncover their potential and learn from their own lived experiences. For Izumi, everything we encounter in life contributes to awareness and becomes part of the yoga journey — a continuous path of learning and awakening.</p> <p>With an M.A. Dance in Education and over 30 years of performing and teaching classical dance, including extensive study in India, Izumi brings deep embodiment to her offerings. She integrates dynamic flow and meditative stillness, creating a nonjudgmental space where students can explore the body-mind connection and are encouraged to find their authentic expression.</p> <p>Her yoga journey began in 2000 at a conference in Himachal Pradesh, India. Since 2013, she has been teaching flow-based yoga classes, holding certifications including E-RYT 500, a 100-hour Meditation and Awareness Practice (JOY of Yoga with Jennifer Prugh), and Therapeutic Adjustment training in Ashtanga Vinyasa with Mojdeh Zahira.</p>