

Izumi Sato

<h2>Yoga Teacher</h2> <p>E-RYT 200 (Experienced Registered Yoga Teacher)</p>	<h2>Contact</h2> <p>Yoga.Izumi.Dance@gmail.com Izumi Sato on Yoga Alliance website</p>
	<p>Professional Profile:</p> <ul style="list-style-type: none">★ Dependable, Dedicated, Delightful★ 7 years / 2300+ hours of teaching yoga★ Gentle, Vinyasa, Power, beginners and heated in any Flow Yoga and Iyanger inspired yoga.★ Meditation
<h3>Certifications</h3>	<h3>Education / Awards</h3>
 <p>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>@ NVIDIA Corporation (BaySport,Inc.) @ 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, an Experienced Registered Yoga Teacher with Yoga Alliance, is currently working towards her RYT 500 certificate. Over 20 years of performing dance makes her style of yoga an effortless Vinyasa flow choreographed with breath and a prayer for peace. Her teaching focuses on adjusting body alignment for help prevent injuries and demonstrates how the body, mind and heart can collaborate. Mindfulness practice with yoga including meditation benefits us in good health improving strength, flexibility, and balance in life. She believes everything we do in life contributes to our own awareness and becomes a part of meditation. Izumi is grateful for the opportunities to offer a space for everyone to explore their own body, mind and heart to find their inner-happiness and peace.</p>