

# Izumi Sato

## Yoga Teacher

E-RYT 500



### Social Media

[Facebook: izumi.sato.yoga](#)

[Instagram: yoga\\_with\\_izumi](#)

[www.IzumiSato.org](http://www.IzumiSato.org)

Contact: [Yoga.Izumi.Dance@gmail.com](mailto:Yoga.Izumi.Dance@gmail.com)

Professional Profile:

- ★ Dependable, Dedicated, Delightful
- ★ 10 years / 3300+ hours of teaching yoga
- ★ Gentle, Vinyasa, Power, heated in any Flow Yoga
- ★ 100 hours Meditation Certification
- ★ Teaching yoga for all levels, Help everyone succeed

### Certifications



**E-RYT 500, 2023**

**RYT 500, 2021**

**E-RYT 200, 2018**

**RYT 200, 2012**

**CPR/AED Heartsaver**

### Education / Awards

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

### Teaching Experience

@ Apple  
@ Visa  
@ Breathe Together Yoga  
@ 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

### Personal Profile

Izumi Sato is a lifelong adventurer and practitioner of yoga, who loves to explore the art of sharing happiness and freedom with others. She is dedicated to empowering her students to find their potential and grow their abilities to learn from their own experiences. She believes everything we experience in life contributes to our awareness and becomes a part of the yoga practice: a journey of learning and awakening.

Izumi's studies in classical dance and music in India and her M.A. in Dance Education make Izumi deeply practiced in her offerings. After over 20 years of performing and teaching dance, Izumi specializes in the flow of movement and stillness, and cultivating the space to be nonjudgmental when exploring the body-mind.

Her yogic journey started in 2000 at a conference in Himachal Pradesh, India. In 2013, she began diving into yoga teaching and offers flow-based yoga classes, ranging from gentle to power, creating meditative classes for everyone. She is certified as an E- RYT 500 and holds a 100-hour Meditation and Awareness Practice certification through Jennifer Prugh's JOY of Yoga.