

Kelliann Reginato

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☎ 510.734.8620

Certifications

200 Hour RYT Vinyasa Training
100 Hour RYT Hatha/Bikram Training
HYFL Studio <> Portland, OR
Completed November 2012

50 Hour RYT Therapeutic Yoga
Living Yoga <> Portland OR
Completed February 2013

200 Hour RYT Forrest Fondation
Training
Ana Forrest <> San Francisco, CA
Completed March 2015

Bachelors Degree: Business Accounting
Sonoma State <> Rohnert Park, CA
Completed June 2008

Continued Education

25 hours RYT w/ Ana Forrest
Forrest Yoga Workshops
March/October 2014

12 hour RYT w/ Pete Guinosso
The Art of Assisting
Oct - Dec 2014

Teaching Assistant
Administrative Assistant
Thrive Yoga Teacher Training 2016

Teaching Assistant
Vibe Yoga Teacher Training 2016

3day Retreat w/ Cat Allen & Ann
Hyde
Empathy: The Art of Assisting
September 2016

Bio

I stumbled upon yoga close to 12 years ago. I was young and wild with a desire to experience anything and everything within my reach. After my first class, I felt filled to the brim with a vibrant energy I had never experienced before... a natural high. I was instantly hooked.

Throughout the years, my love for yoga has only continued to evolve. This practice has healed me in more ways than I can count, and changed me for the better. Yoga has become my sacred space; it is where I achieve balance and truth even in the midst of chaos.

Through my teaching, I aim to inspire others to create a sacred space for themselves that will provide the same sense of healing that I have experienced from simply committing to my yoga practice.

I teach in a variety of styles including: Forrest Vinyasa, Power Yoga, Gentle, Restorative, Hatha/Bikram, and Children's Yoga. I am also available for small group and private instruction, events, retreats, and trainings.

Experience

Yoga Paradise <> Windsor, CA <> August 2016 - present

Annadel Dance & Fitness <> Santa Rosa, CA <> January 2017 - present

Montecito Heights <> Santa Rosa, CA <> August 2013 - present

Thrive Yoga <> Sebastopol, CA <> January 2016 - present

Vibe Yoga <> Santa Rosa, CA <> November 2014 - February 2017

Art & Soul Music School <> Santa Rosa, CA <> August 2013 - December 2015

HYFL <> Portland, OR <> January 2013 - June 2013

Donald E. Long Juvenile Detention Center <> Portland, OR <> March 2013

Orr Hot Springs <> Ukiah, CA <> Retreat Host <> January & September 2016

