

STEPHANIE ŚRĪ WEYMAN

Y O G A A L L I A N C E T E A C H E R

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I integrate mindfulness, breathing practices, chanting, mantra, singing bowl, poetry, and aromatherapy into my classes. Energized by the increased recognition of yoga by the medical community, I am an advocate for the intersectionality of the two disciplines. With gratitude for the teachers that inspired me, I feel impassioned to support others in cultivating an evolving lifetime practice.

EDUCATION/CERTIFICATIONS

BFA NYU Tisch School Of The Arts Theater

In addition to the dramatic arts, voice and dance, I studied alternative and complimentary therapy for mental health in young adults which included Yoga, TCM & Sound Therapy.

Integral Yoga Institute NYC Certifications

- **2022 Intermediate Asana & Pranayama RYT 300**
Dianne Galliano & Swami Ashokananda
- **2021 Therapeutic Yoga**
Cheri Clampett & Arturo Peale
- **2020 Adaptive Yoga/Chair/Gentle**
Judy Spagnola, Rudra Swartz
- **2020 Accessible Yoga**
Jivana Heyman
- **2019 Yin Yoga**
Biff Mitthoeffer
- **2018 Hatha I RYT 200**
Kali Morse & Dianne Galliano

WORKSHOPS

- **Kelley Palmer- "Equity and Racism"**
- **Bhakti- chanting , Dholak Drum, and Mantra** - Prema Mayi
- **Yoga for Depression-** Amy Weintraub
- **Yin yoga workshops** - Corinna Brenner, Biff Mitthoeffer
- **Ayurveda-** IYI, NYU
- **Qi Gong Womb Healing-** Nadia Nottingham