

## BEYOGA Teachers



Michelle Petersen, E-RYT200 is the director of BEYOGA. Michelle is certified in Vinyasa yoga thru Yoga to the People in NYC and completed Yin Yoga teacher training with Kay Kay Clivio at Pure and with Corrina Benner at Integral Yoga Institute of New York.

The journey through her classes is inspiring and experienced thru her personal practice. Each class she offers a practice set to the needs of the students. Michelle weaves inspiring stories and a sequence of postures with notes on alignment. Her goal is to inspire practitioners to find their own rhythm on the mat and to connect with a higher part of themselves off the mat.

When Michelle first started her practice, she loved barefeet, yoga music and the 'ahhh' feeling at the end of class. Today Michelle really likes the person she continues to become and the people she's able to inspire because of her yoga practice. Michelle is grateful to all her teachers in life and continues to learn every day.

Irina Babet, RYT. Irina completed her teacher training at Joschi Yoga Institute in NYC and continually enhances her teaching practice by attending classes and workshops and studying metaphysics and energy healing techniques, such as Reiki and Bars. Irina recently completed her 90 minute hot yoga training at Yoga to the People.

Irina welcomes students to "take the first step in the journey of yoga and discover all the potential and unlimited possibilities that exist within you!"

"There are only two mistakes one can take along the road of truth; not going all the way, and not starting."  
Buddha





**Judit hails from Hungary! She played volleyball and track in high school, she did triathlons after college, and joined a rock climbing club in her twenties. Judit enjoys being in nature, where she connected with joy and spiritual satisfaction through physical effort. Using her mind and body, she was able to achieve goals that had seemed impossible to reach.**

**Judit began practicing hot yoga, and it changed her life. Yoga healed her back pain and arthritis 100%. Physically and emotionally, yoga increases my energy; it gives her a fantastic workout and peace of mind through meditation.**

**Judit decided to share her experience with others by teaching yoga. She graduated from Bikram's Yoga College of India after receiving 500 hours of teacher training in Los Angeles.**

**Kyle Dondero completed a 200hr Yoga training program in Athens, Ga. under the direction of Cal Clements via Rubber Soul Yoga Revolution, a yoga studio inspired by Yoga To The People concept found in NYC, Seattle, and in California. He is trained in an Ashtanga-based style that incorporate a variety of Vinyasa flow within a slower, Hatha pace.**

**In addition to the 200hr yoga training, Kyle also has experience with Vipassana meditation, having completed 2 formal 10-day silent meditation retreats (over 200hrs meditation experience and instruction) at the Southeast Dhamma Patapa Vipassana Center, located in Jesup, Ga.**

**Kyle's classes focus on breath awareness, focused attention, and mental/ bodily control through a moderate paced hatha class. He places special attention to a simple routine that will, with right effort, develop and refine the skills of any yogi, new or seasoned.**





**Nicole D'Andrea graduated from the Garden State Yoga teacher training program in the spring of 2013. She came to Yoga as a means of reducing stress and tension in her life during college and quickly found so much more. She learned that the regular practice of Yoga not only transformed her body, but allowed her to start a conversation with herself that continues to reveal the nature of her soul. She holds a B.S. in Health and Exercise Science from The College of New Jersey and completed a 50 hour advanced training in Bhakti Yoga under Lauren Magarelli at Laughing Lotus NYC, where she learned to merge her two great loves-movement and sound. She counts among her teachers Jody Domerstad, Jeffrey Posner and Betsy Davis and is deeply grateful for all that she continues to learn from them. She is a professional exercise physiologist, and a freelance writer on all things health, wellness, and Yoga.**

### **Dani Gallieti, RYT**

**Dani has always possessed a yogic practice, though through the guise of gym yoga stretching and off ice conditioning. As a former competitive figure skater, dancer, and performance artist, the yogic blend of mind, body, and movement was alluring. Some call it an addiction, Dani calls it essential for a fulfilling life; learning discipline, focus, acceptance of yourself, others, and the conditions of the present. "A yoga practice is an incredible mirror that reflects things about yourself that you may have never encountered in this lifetime; You learn so much about yourself in your practice, that is very much applicable to life outside the hot studio.**

**Dani- a natural born teacher and disseminator of knowledge - completed her RYT 200 hr hot yoga certification with Fire Shaper in December of 2012. She is filled with gratitude and blessed to have the incredible opportunity to share her love, joy, and passions for teaching and yoga at BeYoga : a sanctuary of love, encouragement, empowerment, sweat, support, and an ever growing family of both dedicated regular and spontaneous yogis and yoginis**





**Valerie Concepcion has been practicing yoga since 2006. She has been very fortunate and grateful to have practiced with teachers who have inspired and motivated her to expand her practice. Valerie completed her yoga teacher training at Garden State Yoga in 2012. She also has a masters degree in social work and is currently employed as a psychotherapist. Valerie is passionate about uniting the mind, body and spirit in both her yoga and clinical practice. Valerie teaches a vigorous and fun vinyasa flow with a focus on core strength and creative sequencing.**



### **Tommy Coombs, RYT**

**Tommy was introduced to yoga years ago after a car accident. Consistent practice led to deep healing and Tommy became stronger and pain free. In 2011 Tommy finished my first teacher training program, and as he continues his education yoga has become his life's passion. "The practice became the bridge connecting my mind, body, and spirit and is a part of all things in my life off the mat".**

**Tommy completed his second 200 hour training with Raj Thron at Yoga Synthesis and recently trained at Kripalu. He continually brings new information and a wealth of personal and learned experience to the practice room. He teaches flow and hot classes at BEYOGA and is excited to share his practice with our community.**

