

Yogi

Alexander Morris

8301 E. Jacque Dr. Ste A
Prescott Valley, AZ 86314
928-308-5394

Skills

Breathwork, Postures, Flow, Meditation, yoga Philosophy and Movement/ Anatomy. Heated/ Non Heated Yoga Instruction, Workshops, Seminars & Curriculum design. Beginner- Advanced level yoga, Yoga for seniors, Chair yoga and more...



Education

Intermediate Hatha Yoga Yavapai College 2013-2015

Satya Yoga Teacher Training 06-03-18 Successfully completed a 6 month 200-hour RYT under The Satya Yoga Alliance under Julie Munroe and Rachel Peters

- 1 year of consistent unlimited Hot Yoga Classes at Bend hot yoga before becoming a teacher
- 2.5 years of instruction 2 days per week at VinyasaFit Hot Yoga Prescott Valley and Bend of Prescott
- Hatha, Bikram, Vinyasa and Kundalini Practice with Various instructors Read Patanjali's Yoga Sutras, Desikachar The Heart of Yoga, Stephen Cope Yoga and the Quest for the True Self, Bhagavada, Upanishads, Dhammapada and many others. Extensive study of reading literature on eastern philosophy and oriental practices.

Experience

1994 - PRESENT At Home Practice

December 2016 - Present - *Bend Hot Yoga Flex and Flow Yoga Instructor*

- Bikram Hot yoga Practices in Seattle WA
- Consistently integrates Yoga into his martial arts and fitness classes at ShinPu-Ren Family Karate since 1998 prescottvalleymartialarts.com
- 3 years of Intermediate Hatha Yoga Practice at Yavapai College with Kelly Grey and Barbara Yarrows
- Yoga/ Karate for Kids at Yavapai Indian Tribe
- 1 year of Kundalini yoga with Marypat Azaveda

References:

Marypat Azaveda 928-499-9647

Julie Munroe 928-925-4010