

# LESLIE SANTIANA

• NORWALK, CT 06854 •

## RETREATS/EVENTS

2019  
Varied

**Varied Yoga Studios, Fairfield County**  
**Lead Instructor - *The Art of Manifesting***  
a workshop dedicated to learning and cultivating the tools of manifestation. The program included grounding meditation, breathwork, intention setting, mantra formation, vocal toning, as well as opportunities for conversation and expressing collective consciousness.

2017  
Sept.

**UCONN, Stamford & Norwalk Senior Center South**  
**Lead Instructor - *Get Your Check-Up from the Neck Up***  
led laughter yoga as part of ongoing events on behalf of the Southwest Regional Mental Health Board's efforts to engage the community in mental health awareness

2016  
March

**Kripalu Center for Yoga and Health**  
**Assistant - *"Loving Presence: Inhabiting and Expressing Your True Nature" with Tara Brach***  
one of 5 assistants facilitating a program offering dharma talks, guided meditations, reflections, and journaling, along with periods of silence and interpersonal sharing. The program introduced practices that cultivate mindfulness, radical acceptance, and compassion to the fears and challenges that arise in life

2015  
Nov.

**Kripalu Center for Yoga and Health**  
**Assistant - *"Flow and Let Go" with Michelle Dalbec***  
one of 2 retreat assistants for a weekend encompassing breath-centered, slow-flow vinyasa sequences along with restorative postures designed to melt layers of stress, soothe the nervous system, clear the mind, and lift the spirit

2015  
Nov.

**Kripalu Center for Yoga and Health**  
**Assistant - *"Yoga Journal LIVE!" with Coral Brown, Rodney Yee, Colleen Saidman-Yee, Elena Brower***  
one of 3 teacher assistants that provided hands-on help for a weekend in celebration of Vinyasa, both power and play, with workshops and classes ranging from slow, meditative movement to vigorous, heat-building sequences

2015  
Oct.

**Kripalu Center for Yoga and Health**  
**Assistant - *"Women, Food, and God - A Transformational Path" with Geneen Roth***  
one of 3 assistants to a group of 499 women (and 1 man) for a workshop introducing the tools of inquiry, body sensing, meditation, and Geneen's Eating Guidelines (based on an intuitive approach)

✉ **LESLIE@**

**INTEGRITYYOGA.NET**

📞 **203-543-3377**

## QUICK DETAILS

- ACE Fitness Nutrition Specialist
- ACE Personal Trainer
- ACE Behavior Change Specialist
- WANSM, Specialist in Women's Physiology and Training via Dr. Stacy Sims
- Yoga Alliance RYT 500
- Adult First Aid/CPR/AED
- Liability Insurance
- CT Driver's License
- Native Spanish speaker
- Advanced spoken French
- Trained public speaker

**KRIPALU  
VINYASA  
BEGINNER  
ALIGNMENT  
RESTORATIVE  
TRAUMA-INFORMED**



## TEACHING

- 2017**  
ongoing
- Backcountry Wellness | CT**  
***Therapeutic Yoga Specialist***  
work individually and in small groups to encourage clients to rebuild a healthy relationship and connection with their bodies, through mindfulness, meditation and movement
- 2016**  
ongoing
- Greenwich Academy | CT**  
***After-school Seasonal Instructor***  
lead groups of up to 15 teenage girls in yoga as part of a physical education program comprised of 6 sessions each week
- 2015**  
ongoing
- Namaste NY | NY & CT**  
***Freelance Instructor***  
one-on-one home or studio instruction designed to accommodate students' physical, emotional and spiritual needs
- 2022**  
-Dec.
- Equinox | CT**  
***Yoga & Meditation Instructor***  
weekly classes designed to heat and awaken the body with a yoga flow and grounding meditation, accompanied by music
- 2017**  
-Aug.
- F.S. Dubois Center | CT**  
***Meditation and Movement Instructor***  
monthly pro bono guided meditation sessions that include gentle stretching for groups of 5-10 participants through the Southwest Connecticut's Department of Mental Health and Addiction Services community-based initiatives
- 2017**  
-April
- LifePath Yoga | CT**  
***Beginner Series Instructor & Program Developer***  
a year and a half of guiding ongoing 4-week series that focus on alignment to establish a postural foundation for a safe practice while coordinating breath with movement and cultivating embodied presence
- 2016**  
-Dec.
- Shamatha Yoga Studio & Bookstore | CT**  
***Open-Level Flow Instructor***  
over 13 months, lead a dynamic practice focused on combining movement with breath 4 times a week
- 2016**  
-Dec.
- YogaBreak | NY**  
***Instructor***  
on-site productivity breaks for business and office settings comprised of 15 or 30 minutes sessions of yoga, meditation and stretching aimed at providing an instant energy boost for employees
- 2016**  
-Sept.
- Building One Community | CT**  
***Bilingual Introductory Yoga Series***  
co-lead ongoing introductory 4-week series designed to support B1C's (formerly known as Neighbors Link)

mission to support the immigrant community

2016

-Dec.

**STRIVE Total Wellness| NY**

***Private Instructor***

private instruction as part of clients' comprehensive and customized treatment plan, which can include chiropractic care, massage therapy, physical therapy and corrective exercise

2015

-Dec.

**Dew Yoga | CT**

***Open Level Night Owl Yoga Instructor***

a slow flow class that begins with heat building asanas and progressively integrates deep breathing to prepare the mind and body for deeper rest in restorative poses. This class is open level, with the primary goal of adapting to students' level of energy and requests

2014

-Dec.

**Atmananda Yoga Sequence | NYC**

***Substitute Instructor***

the sequence taught is comprised of seventy-one postures, which include sun salutations, hip-openers, standing poses, forward bends, backbends, spinal twists, inversions and arm balances

**TRAINING**

2022

Aug

**Women Are Not Small Men Course | ONLINE**

***Science-Based Strategies to help active women perform with their physiology and optimize their potential***

a comprehensive course about women comprised of 7 Modules containing 36 Chapters of video-based learning material

2017

Aug

**ThumbsUP Yoga | CT**

***Stand up paddle board yoga teacher training***

dry-land and on-board education to safely, effectively and confidently lead a stand up paddle board yoga class on flat water.

2017

Jan.

**Little Flower Yoga Level 1 Intensive | NYC**

***Foundations of Children's Yoga: Creating Safe & Engaging Experiences***

intensive provides fundamental understanding and tools needed to teach a well rounded class that incorporates the framework of Connect, Breathe, Move, Focus and Relax that all LFY classes are based on.

2016

July

**Southwest Regional Mental Health Board | CT**

***Laughter Yoga Leader Training with Robert Rivest***

an exercise routine that combines unconditional laughter with pranayama. Session warm-up techniques include stretching, chanting, clapping, and gentle body movement

2015

March

**Kripalu Center for Yoga and Health | MA**

***300 HR Teacher Training with Sudhir Jonathan Foust, Sudha Carolyn Lundeen, Larissa Carlson,***

**Michelle Dalbec & Coby Kozlowski**

training modules include instructing yoga for special populations, guiding meditation for transformational yoga teaching, leading vinyasa as well as teaching pranayama & advanced asana

2014

Oct.

**Thai Yoga Bodywork | CT  
Workshop with Robert Ortner**

techniques involve stretching myofascial tissue, acupressure, compression of tissue and manipulation of soft tissue

2014

Oct.

**Atmananda Yoga Sequence | NYC  
200 HR Teacher Training with Jhon Tamayo, Jill Camera (Sacred Sounds Yoga), Amanbir Young (Golden Bridge Yoga)**

training heavily influenced by Hatha, Iyengar and Ashtanga Yoga, combined to create a vinyasa flow. Students are trained on the Atmananda Yoga Sequence Mat, which is mathematically designed by height to encourage proper physical alignment and protect joints

2014

-Oct..

**Eat Breathe Thrive | CT  
Intensive with Chelsea Roff**

15-hr training addresses how yoga, meditation, service, and community can be used to cultivate a healthier relationship to food, body, and self

**EDUCATION**

2008

-Dec.

**University of Southern California  
B.A. Theatre**

Trustee Scholar- full academic scholarship based on involvement in co-curricular activities, academic accomplishments and leadership