

LYDIA DENNIS RYT 200, RPYT  
DEEP FLOW | HATHA | VINYASA | GENTLE FLOW | PRENATAL



*Sera Monestary, Lhasa, Tibet*

YOGA  
TEACHER

yoga.by.lydia@gmail.com  
@YogaByLydia  
yogabylydia.com

TEACHER TRAINING

**200 Hour Stellarflow**

w/ Kiki Lovelace,  
Michelle Cordero,  
Destiny Eurkus, & Marisha Doan  
*Innerstellar Pilates and Yoga*  
Berkeley, CA 2015

**85 Hour Prenatal Vinyasa**

w/ Jennifer More  
*Nandi Yoga*  
San Mateo, CA 2015

SUMMARY OF QUALIFICATIONS

- Certified to teach Stellarflow (a Forrest Yoga-inspired Vinyasa style), Hatha, Vinyasa, and Gentle.
- Specializing in Bay Area Hacker Syndrome Yoga—yoga to open the wrists, shoulders, neck, and lower back.
- Specializing in yoga for Plantar Fasciitis—yoga to heal tightness of the Achilles Tendon and Plantar Fascia.
- Strong technical knowledge of yoga poses, alignment, and mindful sequencing for the safety of students.
- Bachelor of Arts, Anthropology and Biology, Cornell University, 2007.
- Master of Dispute Resolution, Pepperdine University, 2014.

EXPERIENCE HIGHLIGHTS

- Yoga instructor at Body Techniques, Alameda.
- Yoga instructor at Yoga Alameda, Alameda.
- Assistant yoga teacher for Yoga on the Labyrinth, Grace Cathedral, San Francisco.
- Front-desk staff at Innerstellar Pilates and Yoga, Berkeley.
- Front-desk staff at Square-One Yoga, Emeryville.
- Manager's assistant at Yoga Kingdom, Pasadena.
- Practitioner of Stellarflow, Hatha, Gentle, Restorative, Kundalini, Iyengar, Forrest, Ashtanga yoga since 2006.



*The Himalayas, from Lhasa, Tibet*