

Marcus Svehlak

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Summary

Yoga Alliance certified yoga RYT-200 instructor specializing in Hatha and Vinyasa yoga, dedicated to guiding students toward physical well-being and mindfulness. Certified through Yoga Alliance and trained through the Diablo Valley College's 200-hour Yoga Teacher Training program, with a strong foundation in yoga philosophy, anatomy, and teaching methodologies. Committed to creating safe, accessible, and engaging yoga experiences for practitioners of all levels.

Certifications & Training

- Certified **RYT-200 Yoga Alliance** instructor specializing in Hatha and Vinyasa yoga. Passionate about guiding students through mindful movement, breathwork, and meditation.
- **DVC Yoga Teacher Training – 200 Hours** coursework in 4.0 GPA in the certificate program in yoga Anatomy, Philosophy, Teaching Methodologies, and Techniques.

Skills

- Hatha and Vinyasa yoga instruction
- Class sequencing and modifications
- Breathwork and meditation guidance
- Anatomy-informed teaching
- Mindfulness and stress management
- Safe alignment and hands-on adjustments

Experience & Education

- **DVC Yoga Teacher Training Program** (200 Hours)
- **Guest Yoga Instructor – Diablo Valley College (DVC)** for *KNACT 110A - Beginning Hatha Yoga 2025*
- Practicing yoga since 2018

Additional Information

- Passionate about fostering a welcoming and inclusive yoga community
- Continuously expanding knowledge through workshops and self-study