



STEPHANIE NAVARRO

Yoga | Meditation

Stephanie Navarro is a Registered Yoga Teacher (RYT-200) in Hatha Yoga, Vinyasa Yoga and Meditation for Yoga. She completed her official registered yoga certification course, accredited through the Yoga Alliance, in 2021 at Yoga With Shawna in San Diego, CA. During her training, Stephanie demonstrated and excelled in the ability to construct and lead yoga classes based upon the 8-Limb Yoga Path.

Having practiced various styles of yoga since 2015, she credits her practice as fundamental to her self-healing journey. She became a teacher to share the wisdom of yoga with people so it may act as a gateway to improved holistic health, mind-body awareness and peace.

Committed to inclusivity in the yoga asana, Stephanie offers group classes and private lessons for all levels. Stephanie is experienced in guiding students through modifications, using props and personalizing her approach to each student so they may experience the many benefits of yoga.

A forever student, she enjoys expanding her knowledge on topics including yoga philosophy, anatomy and psychology, mind-body connection, 8 Limb Yoga Path, chakras, holistic healing and more.

TEACHING EXPERIENCE

GROUP YOGA INSTRUCTOR

Yoga With Shawna, Imperial Beach, CA | March 2021 - Present
Leads classes in studio and outdoors for groups of 20+ students.

- Vinyasa all levels

Namaste Fitness, Chula Vista, CA | Dec. 2021 Present

- Vinya level 1 and 2, all levels
- Restorative Yoga
- Workshops
- Sound Bath

PRIVATE LESSON YOGA INSTRUCTOR

umm yoga + wellness, San Diego, CA | March 2021 - Present

- Vinya level 1 and 2, all levels
- Restorative Yoga
- Meditation Guide

CONTINUING EDUCATION

- Psychology of the Chakras: How the Chakras Correspond to Erikson's Developmental Theory and Maslow's Hierarchy of Needs; Ashley Turner, LMFT - 4/2021
- Shadow Work Challenge; Ashley Turner, LMFT - 5/2021
- How to Teach Therapeutic Breathwork for Anxiety, Depression & Self-Regulation; Ashley Turner, LMFT - 5/2021
- Creating Welcoming Spaces for Folks with Intellectual or Developmental Disabilities; Mary Medellin Sims, YACEP - 5/2021
- Studying Pigeon Pose; Erin Ehlers E-RYT 500, YACEP - 5/2021
- Spinal Health for an Over-Seated Society Made Simple; Dianne Saywell E-RYT 200, YACEP - 6/2021
- Trauma-Sensitive Yoga Workshop; Ivelise Castillo - 7/2021
- 250+ hours of Teaching

CERTIFICATIONS

**200-Hour Hatha, Vinyasa and Meditation
Yoga Teacher**

Yoga With Shawna 200-Hour Registered
Yoga Teacher Training; Yoga Alliance
International Accreditation | 2021

AFFILIATIONS

Yoga Alliance 2021- Current

LANGUAGES

Native Fluency: English, Spanish

ACADEMIC BACKGROUND

B.A. Journalism

emphasis Public Relations

Minor Personality and Social Psychology

San Diego State University
2011-2013

CONTACT

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