

LESLIE SANTIANA

· Norwalk, CT 06854 ·

EVENTS

- SEPT 2024**
-Feb 2023
Kaia Yoga, New Canaan, CT
Assistant - Thai Massage Foundations 1 with Shai Plonski
Assisted 3 times in teaching a complete 75-minute Thai Massage. This comprehensive course covers techniques for the entire body—from neck to feet—performed on a traditional mat.
- 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

✉ **LESLIE@**

INTEGRITYYOGA.NET

📞 **203-543-3377**

QUICK DETAILS

- ACE Fitness Nutrition Specialist
- ACE Personal Trainer
- ACE Behavior Change Specialist
- Sound Healing Practitioner
- 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**



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)

TEACHING

2024
ongoing

URBY | Stamford, CT
Yoga and Meditation Instructor
in studio and online yoga and meditation classes, sound experiences, and workshops for a luxury apartment complex

2023
ongoing

New Canaan YMCA | New Canaan, CT
Personal Trainer and Group Exercise Instructor
functional training and classes ranging from increasing total body strength, toning and conditioning, addressing special problem areas (i.e. back, knees, shoulders), building cardiovascular endurance, post rehabilitation exercise, balance & coordination

2023
ongoing

Community Mindfulness Project | Varied, CT
Mindfulness Practices Facilitator
make mindfulness accessible through guided evidence-based sessions in public schools, clinics, hospitals, libraries and community spaces

2023
ongoing

YOGA203 | Norwalk, CT
Movement and Meditation Instructor
conduct a gentle yoga class that encourages participants to match the pace of the breath, move with intention and mindfulness, to ultimately slow down and take a deep dive inward.

2016
ongoing

Greenwich Academy | Greenwich, 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
conduct one-on-one home or studio instruction designed to accommodate students' physical, emotional and spiritual needs

2023
-March

Backcountry Wellness | Greenwich, CT
Somatic Practitioner
6 years of individual and small group work to encourage clients to rebuild a healthy relationship and connection with their bodies through mindfulness, meditation and movement

2022
-Dec.

Equinox | Greenwich, CT
Yoga & Meditation Instructor
7 years of weekly classes designed to heat and awaken the body with a yoga flow and grounding meditation, accompanied by music

- 2023**
-March
BETA Climbing + Fitness | Stamford, CT
Yoga for Climbers
vinyasa flow classes focused on the fluidity of movement and breath, which pairs well with climbing and benefits anyone looking to improve balance, focus, and flexibility
- 2017**
-Aug.
F.S. Dubois Center | Stamford, 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 | Norwalk, 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 | Stamford, 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 | Stamford, 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, 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 | Stamford, 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 | NY, NY
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

2024

Nov

Level 2 Foundations of Thai Massage | CT
Training with Shai Plonksi of Still Light Centre
new techniques to treat areas of greater need such as the shoulders, neck, back, and hamstrings while adding the knees as a new massage tool and applying Ayurveda to help create a highly customized and holistic massage

2024

Nov

Usui Reiki 1 & 2 Certification Training | CT
Discover the Healing Power Within led by Reiki Master Ed Cleveland
Coursework includes the foundational principles and history of Usui Reiki, working with subtle energy fields to promote balance and vitality as well as hands-on practice through guided exercises and demonstrations to hone one's ability to channel Reiki energy, mastering techniques for self-treatment and offering healing to others.

2024

Aug

Yoga Tune Up | ONLINE
A biomechanics, movement-based 7-Day Training with Jill Miller
A fitness therapy format that helps alleviate pain, improve posture and enhance performance through conscious corrective exercises. A unique blend of yoga, self-massage, and breath strategies. Exercises are targeted to help you locate and better understand what we call "body blind spots" or the muscles and areas of your body that are underused, overused, or abused.

2024

June

Pilates Mat Specialist | ONLINE
Led by Tanya Thompson, founder of Pilates Unlimited—the Art of Movement™
Pilates theory, anatomy in movement, postures, movement principles, client-specific training, modifications, contraindications as well as basic to advanced Pilates repertoire with a comprehensive breakdown of each exercise, teaching techniques and so much more.

2024

Feb

Sound Healing Training | CT
Unlock the Power of Sound: Immersive training through Grounded Meditation
Hands-on practice creating healing soundscapes using the principles of sound bath composition, energy work, meditation and mindfulness

2024

Jan

Yoga for Osteoporosis | NY
Yoga and Bodymind Ballwork for Bone Health, Strength and Balance with Ellen Saltonstall
a training featuring the use of rubber balls in a range of sizes to support, massage, and stretch the body in specific places as part of an integrative body-mind practice to relieve soft tissue pain as well as emotional

stress and trauma

2023
June

Sound Healer Fundamentals | ONLINE
LifeChanging Energy - Level 1 Graduate
Coursework included the history and science of sound healing, chakras, chants and reiki, solfeggio tones and koshi chimes

2023
Feb

Foundations of Thai Massage | CT
Training with Shai Plonksi of Still Light Centre
yoga, massage, meditation and energy work training to help remove tension, eliminate pain in the neck, shoulders, back and legs and to feel more youthful, deeply relaxed and refreshed

2023
Feb

ACE Behavior Change Coach | ONLINE
hands-on, practical skills necessary to lead diverse clients and patients to sustainable, healthy change

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

www.integrityyoga.net