

Chris Miyachi

- Objective** To teach Forrest Yoga in an fitness facility or yoga studio that supports this teaching
- Qualifications** RYT 500 (Registered Yoga Teacher), AFAA and ACE Certified Group Fitness Instructor, Certified Forrest Yoga Teacher, Teacher Trainee in the Iyengar System (with Patricia Walden)
- Experience**
- 1987-present Certified Group Exercise Instructor AFAA, ACE
- Taught step classes, spin classes, low and hi-lo impact aerobics, and walking classes, and power yoga classes from 1987-2000 continuously.
 - Continuing Education in spinning, choreography, walking, nutrition, kinesiology, resistance exercise, and more
 - Last taught in 2000 at FitCorp in Burlington, MA
 - AFAA Certification Number: Cl# 900826 Expires 8/2009
 - Telefit #: 433881
 - Step Certification: SR# 1133
 - ACE Certification Number: F16186 Expires: 10/2009
- 1996-present Certified Personal Trainer FRA, Inc
- Trained personal clients since 2000 for weight loss and injury prevention and recuperation
 - I'll be moving my Fitness Resource Associates certification to ACSM (American College of Sports Medicine) in the next year.
- 2006-2008
- Rented church space and taught Forrest Yoga
- 2008—present
- Union Studio Yoga, Andover, MA: teaching all levels yoga class
 - Kismet Wellness Center, Andover, MA: teaching yoga class and core fitness class
- 2006 Forrest Yoga Foundation Training Boston, MA
- Completed a 500 hour live training course with Ana Forrest www.forrestyoga.com in Boston hosted by Back Bay Yoga www.backbayyoga.com .
 - 1 hour of daily meditation, 2 hours of yoga intensives, and 6 hours of teaching development (voice, language, hands-on assists)
 - See more details at <http://www.forrestyoga.com/page.cfm?name=levels>
 - See my web site for more details about the training experience.
 - Training includes a 20 hour anatomy course, 20 hours of community service, extensive reading on yoga and personal development.
 - Apprenticed Forrest Yoga at Back Bay Yoga in Boston this fall where I will assist and teach classes.

- Continue to assist Ana Forrest at National workshops in Boston including the Yoga Journal Conference and teacher training intensives.

2007 Advanced Forrest Yoga Teacher Training Boston, MA

- Completed a 10 day Advanced Training with Ana Forrest at Back Bay Yoga in Boston

2008-present

- Embarked on a teacher training in the Iyengar system with Patricia Walden
 - Workshop in experiential anatomy with Laura Allard
 - Workshops in the Yoga Sutras with Edwin Bryant

Passion

- Teaching, doing, and living yoga – it is based on breath, strength, integrity, and spirit – all things I base my life upon.
 - I have been practicing yoga for 30 years and have studied many styles: Kundalini, Iyengar, Power/Vinyasa Yoga, Ashtanga Yoga and Forrest

Personal

I have three children, work full time as a software architect, and have a flexible schedule.