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Chris Miyachi

Objective To teach yoga and kettlebells 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, completed teacher training in the Iyengar System (with Patricia Walden), certified Physio Tune Up® Teacher (www.yogatuneup.com), CKT Level 2 with IKFF (www.ikff.net)

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: CI# 900826 Expires 8/2011
 - Telefit #: 433881
 - Step Certification: SR# 1133
- ACE Certification Number: F16186 Expires: 10/2011
- RYT (Registered Yoga Teacher) ID: 35781 since 2008

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

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

2009 - Yoga Tune Up Teacher Training, Boston, MA

2009-2011 Iyengar Teacher Training, Cambridge, MA

- Completed a teacher training in the Iyengar system with Patricia Walden
 - Workshop in experiential anatomy with Laura Allard, Jill Miller
 - Workshops in the Yoga Sutras with Edwin Bryant and Sanskrit language with Leslie Fryeberg
 - Preparing for Iyengar Certification process

July 2011 CTK Level 2, IKFF Seacoast Kettlebell, Dover, NH

- Completed Level 2 training with Ken Blackburn

Passion

- Teaching, doing, and living yoga – burning zeal in practice, self study, and faith in something bigger - 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
 - I am now focused on the Iyengar system.

Personal

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