

Anna (Amba) Winkler, E-RYT 500

Director, Shakti Yoga & Living Arts

Co-Director, SHAKTIBODY

www.shaktinj.com



Profile

Amba has been teaching yoga internationally to students of all levels for the past 24 years. The founder and director of Shakti Yoga and Living Arts, she is certified in Sivananda Yoga (basic and advanced), is a longtime student and teacher of Ashtanga Yoga and is an ongoing student of Studio Yoga's Iyengar Yoga Teacher Training program. Her classes are heavily alignment focused, infused with classical Hatha Yoga and Ashtanga influences, challenging and nurturing, rigorous and humorous ~ you will always come away feeling something in you has shifted, changed, stretched, grown.

Experience

SHAKTI YOGA AND LIVING ARTS, MAPLEWOOD, NJ

(FORMERLY THE YOGA ROOM IN MILLBURN, NJ)

JUNE 2001 - PRESENT - DIRECTOR, TEACHER, THERAPIST

Direct a yoga and wellness studio including hiring, training and managing teachers and support staff; marketing, advertising, bookkeeping and other tasks associated with the day-to-day running of a successful Yoga Studio. Create and coordinate programs at the studio, such as pre and postnatal, kids yoga, workshops, meditation courses, concerts, etc. Involved in community outreach programs bringing yoga into schools, hospitals, workplaces and centers for the disadvantaged. Teach private, group and teacher training yoga classes and courses. Give private Thai Yoga Bodywork, Ayurveda and Essential Oil Sessions, as well as offering classes and workshops about them.

SHAKTIBODY, CO-DIRECTOR & TEACHER

2009 - PRESENT

Co-Design & Teach Yoga Immersion and 200 Hour Yoga Alliance Certified Teacher Training Program. Currently Designing our 500 Hour Program!

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YOGA TEACHER 1996 - 2001

Taught yoga at various places around the globe, including Hunter University in NYC and a US Naval Base in Guam.

INTERNATIONAL SIVANANDA YOGA VEDANTA CENTERS, VARIOUS LOCATIONS AROUND THE WORLD 1989 - 1995

Provided individual and group instruction to those seeking to reduce the negative effects of stress and create positive change in their lives. Practices included guided relaxation techniques, breathing exercises, yoga and meditation. Ran several yoga centers, taught in teacher training programs, and was the Secretary to the Executive Board.

Education

University of Hawaii at Manoa — BA *with honors* in Psychology, 1986
Basic & Advanced Yoga Teacher Training International Sivananda Yoga Vedanta Centers – India, January 1989; Canada, August 1989
Thai Massage Certification – Nov, 2001 White Lotus, Santa Barbara CA
Ayurveda Lifestyle Consultant Certification – June 2006, Kripalu, Lenox, Ma
Aromatherapy Certification Course – June 2009, ISHA, Boulder CO
Iyengar Teacher Training – June 2006 – Present, Studio Yoga, Madison, NJ

Skills

- *Highly experienced and professional instructor who is well-trained in teaching yoga and meditation to students of all levels and abilities.
- *Exceptional organizational and business management skills required in running a successful yoga and wellness studio.
- *Ability to build community in class, in the studio, and in the neighborhood through compassion, friendship and fun.