

# FocusNYC

## **Aliza M. Yoga**

Aliza is a native New Yorker who spent much of her childhood on the bench keeping score. Until she discovered yoga, she was uncoordinated and always the last one picked. So she studied musical theatre and communications at Emerson College, and went on to work as a professional actor for many years.

Fueled by competition but burned out from stress, Aliza sought out and discovered something more grounding in yoga. It was the physical practice of asana that originally enticed her, but it ultimately led to something much more satisfying ? for her body, mind and spirit. She wanted to share these benefits with others in an accessible way and became a certified Yoga Instructor.

Committed to serving all populations, Aliza?s yoga sessions range from dynamic and energetic to restorative and blissful. Her style is engaging and individualized to needs and preferences in all settings. Aliza has taught privately, in health clubs and spas, in corporate settings and even at the college level. Her areas of expertise include the history, philosophy, anatomy and physiology of yoga, as well as asana, pranayama and meditation, and working with special populations.

### **Education**

BFA, Emerson College, Boston MA

### **Certifications**

200-Hour Registered Yoga Teacher  
BeYoga, NYC  
Yoga Alliance

### **Continuing Education**

**Hands On Adjustments** (Jillian Pransky)  
**Restorative Yoga Training** (Jillian Pransky)  
**Yoga For Breast Cancer Survivors** (YogaWorks NYC)  
**Yoga For Scoliosis** (Elise Brown Miller)  
**Yoga For Osteoporosis** (Nadiya Nottingham)  
**Yoga For Cardiac & Cancer Patient**

(Nischala Joy Devi)

**Yoga For Depression** (Amy Weintraub)