



# MARIEL REYES

*Yoga Teacher*

## **CONTACT**

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## **PROFILE**

Mariel has been teaching yoga for almost 9 years and has been practicing for 12 years. She has taught over 4,000 classes all over the world, trained new teachers in Thailand, and continues to teach regularly in her home-base of NYC. Mariel has created a signature class, "Sweat + Surrender", which she is working on bringing around the world.

## **STYLES**

Hot Vinyasa, Vinyasa, Hot/Bikram, Absolute, Hatha, Yin, Restorative

## **CERTIFICATION**

- \* Absolute Hot Yoga Teacher Training RYT 200, Thailand (Oct-Nov 2009)
- \* Yogi Beans Kids Yoga Certification (Nov 2014)
- \* Reiki Level I (Nov 2016)

## **EXPERIENCE**

### **Yoga Instructor // NYC + Tri State**

- \* YogaSpark Tribeca + Westchester 2013-present
- \* Y7 Studio 2014-16
- \* Yumcha Yoga 2013-15
- \* Yogi Beans 2015
- \* New York Yoga 2013-14
- \* Surya Yoga 2013-16

### **Yoga Instructor // Singapore**

- \* Absolute Yoga 2010-12
- \* Hom Yoga 2010

### **Teacher Trainer and Mentor // Thailand, NYC**

- \* Absolute Yoga Academy Thailand 2015- present
- \* Y7 Studio NYC 2016

### **Traveling Yoga Teacher // Various**

- \* Creator of "Sweat + Surrender", an immersive yoga experience rooted in vinyasa yoga, meditation, breath work and reiki healing.

## **TRAININGS/ WORKSHOPS**

- \* Prana Vinyasa // Shiva Rea, Twee Kerrigan
- \* Sivananda Yoga // Sivananda Yoga Ashram India
- \* Ashtanga // Kino McGregor
- \* Forrest Yoga // Ana Forrest
- \* Hatha // Mark Whitwell, Jason Crandall
- \* Anusara // Tara Judelle, Patrick Crewman
- \* Jivamukti // Cat Alip-Douglass, Sandhi Ferreira
- \* Vinyasa // Seane Corne