

**NANCY POPP**

**454 Seaton Street #5 Los Angeles CA 90013 (323) 365-9365**

[www.nancypopp.com](http://www.nancypopp.com)

*I am an artist and educator from Los Angeles, and hold degrees from Art Center College of Design and the San Francisco Art Institute.*

*My yoga practice began in 1994, beginning with my initial interest in meditation and yoga philosophy. I was initiated as a Kriyaban in the Self-Realization Fellowship tradition in 1995. My asana studies have included Bikram, Phoenix Rising, Sivananda, Dharma Yoga, Yin Yoga and Raja Yoga traditions, with experience in Ashtanga, Iyengar, Anusara, and Vinyasa practices. I also have worked with Ayurvedic systems and treatment in combination with asana practice.*



*My classes balance the strength of a purifying athletic practice with the devotion and reverence of bhakti practice and the precise alignment of traditional Hatha Yoga instruction, and often include vedic mantra and chanting. I have experience with wide ranges of ages and abilities from older students with physical or mobility limitations to high-school athletes, with a special focus on recovery from traumatic injury.*

**2015- present**

*Yoga Teacher*

The Springs, 608 Mateo St, Los Angeles, CA 90021 <http://thespringsla.com/>

Contact: Gloria Baraquio- Director of Yoga & Wellness (213) 223-6226 ext. 3

*Regular Substitute for Director Gloria Baraquio's Classes*

**2012-2013**

*Yoga Teacher*

Urth Yoga, 2809 W. Sunset Blvd. Los Angeles 90026 <http://www.urthyoga.com/>

Contact: Gabe Hendrie- Prior Studio Owner (213) 483-9642

*Regular Substitute for beginner, intermediate, advanced and community yoga classes*

**2010-2011**

*Yoga Teacher*

Echo Park/Arroyo Seco Time Banks Community Yoga

<http://www.placestogoinlosangeles.com/places/203860-Time-Bank-Mind-Body-Community-Practices/>

Contact: Megan Hobza (562) 714-5589

Vallejo Drive Church, 300 Vallejo Drive, Glendale 91206

*Taught weekly multi-level community yoga classes through local community Time-Banking organizations*

**2003-2011**

*Head Yoga Teacher*

Harvard Westlake School, 3700 Coldwater Canyon Avenue, North Hollywood 91604 <http://www.hw.com/>

Contact: Audrius Barzdukas (818)-980-6692

*Initiated and developed a two-tiered 10-week Yoga program for high-school students credited through the Physical Education Department, including asana, pranayama and mantra and chanting; led weekly yoga classes for faculty and staff*

**2001-2011**

*Senior Yoga Teacher*

Dancing Shiva – Yoga and Ayurveda, 7466 Beverly Boulevard, Los Angeles 90036

<https://www.dancingshiva.com/>

Contact: Mas Vidal (323) 934-8332

*Developed beginning, intermediate and advanced classes and trainings; assisted with development of workshops and events*

**1997-2000**

*Head Yoga Teacher*

Studio "A" Dance, 2308 Hyperion Avenue, Silver Lake 90027 (323) 661-8311

<http://www.studioadance.com/>

*Lead teacher for bi-weekly classes*

**1995-1997**

*Assistant Teacher*

Yoga Kingdom Sanctuary, 553 S Lake Avenue, Pasadena CA 91101 <http://yogakingdom.com/>

Contact: Naader Shagagi (626) 792-7871

*Class assistant, regular substitute teacher director for Naader Shagagi's weekly classes*