

# MIKU LENENTINE

## HATHA FLOW | GENTLE FLOW | MEDITATION

I am passionate about living in harmony with the self, others and all beings. I believe the true purpose of being a teacher is to help guide each student to access the wisdom they already hold within themselves. In my classes I invite students to experience deeper levels of awareness beyond the physical asanas. I offer guidance through meditation, intention setting, developing focus, inner fire, and balance in the emotional and mental states. My classes are challenging while simultaneously replenishing, inspiring and nourishing supporting the development of each student's unique expression along the path toward vibrant centered-ness.



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### TRAINING

200 Hour Hatha Flow Yoga  
Teacher Training  
Synergy Yoga  
Seattle, 2018

### TEACHING EXPERIENCE

#### Still & Moving Center

Instructor: Honolulu, HI. Guiding weekly meditation classes and guest instructing specialty offerings. All levels. Class sizes range from 4 to 30 students. (2019 - Present)

#### OmCulture Studio Green Lake

Instructor: Seattle, WA. Guiding mindfulness and movement practices at OmCulture Green Lake Yoga Studio. All levels. Class size varies with maximum of 20 students. Classes taught include: aerial yoga, hatha and hatha flow yoga. (2018-Present)

#### Dale Turner YMCA Shoreline

Instructor: Seattle, WA. Offering weekly hatha yoga. All levels. Small classes with maximum of 10 students. (2018-Present)

#### OmCulture Studio Wallingford

Instructor: Seattle, WA. Guiding meditation, ecstatic dance, and mindful movement events for up to 250 people. (2018-2019)

#### Green Lake Chamber of Commerce

Instructor: Seattle, WA. Offering warm-ups and yoga for special events such as the Woman of Wonder Run and the Green Lake Turkey Trot. All levels. 100 to 200 attendees on average. (2018-Present)

#### 道Vibrantly – The Way of Vibrantly

Instructor: Seattle, WA. Instructing weekly hatha flow yoga classes and guiding meditation and mindfulness practices at Green Lake. All levels. Small classes with maximum of 10 students. Hands on assists are offered at each class. (2017-Present)

#### Center for Vibrant Living

Instructor: Enso Center, Redmond, WA. Co-instructing weekly advanced Isonomi practice. Small classes with a maximum of 5 students. (2017 – 2018)