

Bobbi Nodell
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Yoga instructor with 400+ hours of training (Vinyasa, Yin, Forrest)
Specialty: Making yoga accessible for all bodies. I like doing yoga that is a blend of styles and offers lots of modifications.

Training

2023: Forrest Yoga retreat.

2022: **HeartSaver First Aid with CPR and AED. Cascade Training Center.**

2020-2021: Forrest Yoga. 200 hours.
This is a Hatha-inspired yoga practice created by American yogi Ana Forrest to fix what many yoga classes don’t cover – core work, intention, and healing. **Classes typically begin with deep breathing and setting an intention for the mind and an intention for the body. Studied in Indonesia in January 2020 and then online.**

**2019: Yin Yoga from Audrey Tollefsen with Junction Hot Yoga, formerly with Be Yoga Burien.**

2019: Forrest Yoga workshop in Malaysia.

2018: Vinyasa, 200 hours. Be Yoga Burien.

Experience

2018-current: Volunteer with Adaptive Yoga Northwest.

April 2023: Yoga instructor for the Washington State Nurses Convention in Tacoma.

2020-2024: Private instruction.