



FELICIA TOMASKO RN, E-RYT 500

Felicia Marie Tomasko RN, E-RYT 500, teaches a heartfelt exploration yoga asana, pranayama, concentration and relaxation that integrates her more than 20 years of study of the ancient approaches of Yoga and Ayurveda with her training and licensure as a registered nurse. She is the editor in chief of LA YOGA Ayurveda and Health magazine and serves on the board of directors of the California Association of Ayurvedic Medicine and the National Ayurvedic Medical Association, on the advisory board of the Holistic Option and the Leadership Council of the Green Yoga Association.

TOMMY ROSEN



Tommy has studied and practiced Yoga for 20 years, and is a certified Vinyasa Flow and Kundalini Yoga Teacher. He completed the Yoga West year-long teacher training in June of 2008 and then went on to complete Yoga Works' 200-hour teacher training with Annie Carpenter and Kia Miller in the Summer of 2009. Tommy also uses the magical gifts of Yoga and Meditation to help people to recover from addictions and to build fulfilling lives. His first book, Recovery 2.0: Creating the Life of Your Dreams, will be out later this year.

CHANI NICHOLAS



Chani started practicing yoga at the ripe old age of 11 and has been studying with teachers around the world ever since. She is a certified Yoga Therapist and is currently in her second year of the Yoga Rx Therapy program at Loyola Marymount University studying with Larry Payne, Leslie Kaminoff, Dr. Rick Morris and Sherry Brouman, among others. She works closely with the nationally renowned chiropractor and associate director of the Yoga Rx Therapy program, Dr. Rick Morris, offering massage at his Spinal Stenosis and Disk Center in Santa Monica.

BRIOHNY SMYTH



Briohny discovered Yoga in Thailand 10 years ago at the age of 16, after 5 years of being a child pop star. Through Yoga, she learned the importance of 'inner' self awareness. She has trained with Annie Carpenter, Kia Miller, Joan Hymen, and Bahni Turpin. Her goal as an instructor is to teach sequences that make inversions, arm balances and strong standing postures accessible to everyone in the room.

Desi Bartlett



Desi Bartlett teaches Yoga at Exhale's Center for Sacred Movement and fitness at Equinox in the South Bay. She is the author of a number of DVD, including Yoga for Beginners, by Acacia. In 2009, Desi was one of LA YOGA's Spanish columnists and received great feedback for her insightful views. For her full schedule, visit: www.desibartlett.com