



*Nicole Hayman-Sherman, ERYT500, RCYT, RPYT, YACEP*

*Just Breathe's Owner/President, Lead Instructor & Teacher Training Facilitator*

Nicole is a Registered Yoga Teacher (ERYT500), having over 4000+ hours of teaching experience and 900+ hours of training; in addition, she is a registered children's yoga teacher (RCYT), a registered prenatal yoga teacher (RPYT) a certified meditation teacher and a Yoga Alliance Continuing Education Provider (YACEP). She is also the facilitator of JBYS's Yoga Teacher Training Program-The Natural Breath. Nicole previously spent 30+ years in marketing, sales & public relations in the Mohawk Valley, owning her own marketing consulting business, working as a regional manager for the local cable company and years in sales management positions. After practicing yoga almost her entire life, Nicole decided to make a life changing decision, to pursue becoming a certified yoga teacher-completing her initial 300-hour certification in 2012. In January 2013, she became the Owner and President of Just Breathe Yoga Studio, where she had been teaching since completing her certification. In addition to the classes she teaches at Just Breathe Yoga Studio, she has also taught as an adjunct faculty member at Mohawk Valley Community College, been an instructor for Madison-Oneida BOCES, and taught a regular Senior Stretch Yoga class at Ava Dorfman Senior Center. She has also been involved in various other local programs, such as teaching yoga for the Rome Art & Community Center's Teen Summer camp, and a facility introduced special instructor for Annsville Residential Center for Girls and several others. Having memories of doing yoga with her mother at 3 years of age, and over 40 years of yogic practice has given Nicole the opportunity to experience various styles of yoga, including: Hatha, Iyengar, Power, White Lotus, Bikram, ISHTA, Kripalu, Vinyasa, Restorative and Yin. It is this experience she brings to her teaching of yoga.