

Yuki has been doing yoga since elementary school (in Japan). Yoga was taught as part of the physical education program. Yuki moved to the United States 15 years ago as a college student. At that time she was a Computer Science major at SUNY Polytechnic. After achieving her Bachelors of Science, she worked for 6-years as a systems analyst. Yuki had a career change. She went back to school to become an RN. While in her RN training at MVCC, Yuki rediscovered yoga. In her textbooks yoga was referred to as mental relaxation and physical strengthening tool; practicing yoga saved Yuki's mental and physical health while completing the rigorous RN curriculum. After Yuki started working as a RN at sub-acute care unit, she utilized yoga breathing & mindfulness as a powerful tool in very stressful situations. Yuki's focus for her practice include: safety, alignment, mechanics of muscles/bones & joints, mental health, and the edge for some challenges.