



*Yuki Anderson, RYT500*

Yuki has been doing yoga since elementary school, as a part of physical education in Japan. Yuki moved to the United States 15 years ago as a college student. After achieving her Bachelor of Science at SUNY Poly, she worked as a programmer analyst. Yuki then had a career change. She went back to school to become an RN. While in her RN program, she rediscovered yoga. 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. After her father & birth mother passed away two years apart, she decided to go yoga teacher training at Just Breathe Yoga Studio, where Yuki found safety & a home during her difficult time. She completed her RYT200 by Nicole Hayman-Sharman at Just Breathe Yoga Studio, then RYT300 by Jeff Percacciante, Man-Hue Duong & Colleen LaGasse at In Bloom Yoga Studio. Deepening studies with yoga anatomy, MFR (Myofascial Release) and Functional movement. Studied & inspired by Sondra Loring, Kelly Kamm & Carrie Owerko.