



Lynette Chiang

Certified Vinyasa Yoga Teacher

Website: www.galfromdownunder.com/yoga
galfromdownunder@gmail.com | 541-513-7711

IN SHORT

I'm a former career cyclist with a particular interest in correct alignment, hip and shoulder openings, hamstring work to balance over-developed quads, and effective breathing. I've been practising yoga and meditation for more than 20 years.

Since March 2011:

- **YoGanesh Yoga:** I have taught up to 4 vinyasa classes per week. I write and shoot all word/image/video content for the studio [blog](#) and [monthly e-newsletter](#), manage the studio's Wordpress website and regularly post on the studio's social media outlets - see [Facebook page](#)

March 2010 to March 2011

- **Chelsea Recreation Center, ShapeUpNYC program:** I taught a dedicated following of 15-20 regulars from ages 18 to 80. ShapeUp is a NYC initiative to make taught exercise accessible to all.
- **Hudson Guild Community Center:** I created a Senior Yoga Program at this well established non-profit. A local yoga studio (Laughing Lotus) donated the mats, and a former client donated money for equipment. [Read story](#)
- **Yoga for Cyclists:** Collaborated with Pilates/Melt teacher Karin Fantus to create a 3-month series to prep New York Cycle Club members for the club's annual training series; taught at a week long camp for cross-country bicycle expedition company [PACTOUR](#); taught [Park Bench Yoga for Cyclists](#) at the Bike New York Expo

CERTIFICATIONS and INTERESTS

- 200-hour Vinyasa teacher certification from Joschi Yoga Institute, www.joschiny.com (2009), with top marks in anatomy
- Insurance Plus Liability Insurance #24037 expires 8/28/2014
- Vipassana and TM meditator: completed three 10-day Vipassana courses (Australia, Washington and Hawaii) including doing service in 2008
- Mad Dogg Spin Certification August 2010
- 20 year interest and involvement in Feldenkrais and related modalities
- Studied ballet for 8 years (British Royal Academy of Dancing); past local junior champion of the [Joh Bjelke Peterson School of Physical Culture](#) (focuses on deportment and alignment), Australia
- Pharma copywriter by profession - deep interest in human anatomy and biology

ONLINE ARTICLES

- [Easy pigeon for the rest of us](#) - technique
- [6-step down dog tuneup](#) - technique
- [Park Bench Yoga for Cyclists](#)

REFERENCES

- Norma Kerner, Founder, [YoGanesh Yoga NYC](#), (212) 967-9642
- Lisa Brooks, Deputy Center Manager, [Chelsea Recreation Center](#), (212) 255-3705 - client
- Yehudit Moch, Director of Activities, [Hudson Guild Senior Center](#), (212) 924-6710 - client
- Susan Notorangelo, Co-founder, [PACTOUR Bicycle Expeditions](#), (612) 804-9970 - client

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