



**Henry Heikkinen**  
**Yoga Instructor**  
**Santa Cruz, California**

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**(831) 426-8167**

**Practicing Iyengar style yoga since 1992 and teaching since 2004.**

**Maintained a variety of weekly classes at Yoga Center Santa Cruz, 2004-2015.**  
**Classes included beginning through advanced levels and introductory series.**  
**Special topic classes developed for both challenging and restorative practices.**  
**Taught extensively as a substitute teacher at a variety of studios in the Santa Cruz area.**  
**Taught weekly yoga classes at 24-hour fitness for 1 year - 2004.**

- **Passed first level Iyengar Yoga teacher certification exam, 2010**
- **Graduate of the Iyengar Yoga Institute of San Francisco 500 hour Advanced Studies/Teacher Training Program, 2000-2009**
- **Completed one year yoga teaching apprenticeship with Intermediate Junior Certified Iyengar Teacher Janet MacLeod, 2009**
- **"The Journey: from Annamaykosa to Anandamayakosa" IYNAUS convention with Geeta Iyengar in 2007**
- **The Yogacharya Festival, an International Iyengar yoga convention, 2007**
- **Completed Senior Iyengar Yoga Teacher Kofi Busia's 110 hour Yoga Teacher Training Program, 2005**
- **Iyengar Yoga Intensive with B.K.S. Iyengar in Estes Park, Colorado in 2005**
- **Registered Yoga Alliance RYT500 Yoga Instructor**

references available upon request

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