

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



<http://yogawithhenry.com>  
[henryh@livefunk.com](mailto:henryh@livefunk.com)  
(831) 246-1732

**Studying Iyengar style yoga since 1992 and teaching yoga since 2003.**

**Yoga Instructor**

- UC Santa Cruz Phys Ed and FitLife - 2017-present
- Pacific Cultural Center in Santa Cruz - 2015-2017
- Yoga Center Santa Cruz - 2004-2015
- 24-hour fitness, Santa Cruz - 2003-2004.

**Classes included beginning through advanced levels and introductory series.**

**Special topic classes developed for both challenging and restorative.**

**Taught as a substitute teacher at a variety of studios in the Santa Cruz area.**

- **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 in San Francisco, 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 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**
- **Graduate, UC Santa Cruz Diversity & Inclusion Certificate Program, 2020**
- **Bhagavad Gita and Vedanta Study, Arsha Vidya Center, 2019-present**
- **Registered Yoga Alliance RYT500 Yoga Instructor**

references available upon request

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