

# Naomi Costantino

Yoga teacher, writer.

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## Teaching Experience

2010 - Present - Frame, Kings Cross and Shoreditch.

2016 - Present - The Well Garden, Hackney Downs.

2014 - 2016 - East Of Eden, Walthamstow.

2012 - 2014 - Yoga On The Lane, Dalston.

I teach both dynamic Vinyasa Krama and restorative/yin classes. I regularly teach workshops and have taught events at the Barbican, Walthamstow Garden Party, Mother Meetings, We Heart Living, Lululemon and Sweaty Betty.

I have been a regular contributor to Women's Fitness magazines since 2012 writing articles on yoga and I also write for online magazines the-numinous.com and weheartliving.com, writing about yoga and modern day spirituality.

My articles have been featured in Marie Claire, Prima Mum & Baby, Cosmopolitan and Yoga Magazine.

## Teaching qualifications

- Stewart Gilchrist 500hrs YTT with Yoga Alliance - Feb 2016 - Dec 2016
- Anna Ashby Tri Yoga Restorative 33hr YTT with Yoga Alliance - Mar 2014
- Nadia Narain Tri Yoga Pre Natal 36hr YTT with Yoga Alliance - Sept/Dec 2012
- Thai yoga massage with Ralf Marzen - Jan/Dec 2012
- Claire Missingham 200hrs YTT with Yoga Alliance - Jan/Dec 2010
- Teacher Training intensives 30hr:
- Anodea Judith, Paul Grilley, Gurmukh, Sean Corn and Kino McGregor.

## Related Experience

I originally studied as a scholarship student at The Urdang Academy of Dance in 1999 and went on to work as a professional dancer and actress. I worked in film, theatre and TV, choreographed and was movement director for a fringe theatre company.

Between gigs and auditions I worked in gym and dance studios on reception and then in management. I gained my personal training fitness and Pilates qualifications and studied with Marianne Williamson, J F Demartini and Caroline Myss before going on to study Yoga more seriously.

At the start of 2014 I co-founded and ran Yoga and Pilates studio, East Of Eden but decided to sell my stake in the company and leave at the end of 2016 to pursue solo projects.