



## Bill's Teaching Summary

- Certified Professional Yoga Therapist C-IAYT
- Practicing yoga asana for over 20 years, pranayama/dhyana (breathing/meditation) 30+ years
- Past teaching experience includes Kripalu, Vanderbilt YMCA, Rye YMCA, Wainwright House, Scarsdale Yoga Studios, Berkshire Kripalu Community (BKC) and private sessions
- Teaching Assistant for Kripalu and IYT teacher training programs - 200, 300 and 1000hr levels
- Group Exercise classes include Livestrong, Enhanced Fitness, Weight Pyramids and Mat Pilates

## Classes Offered

Bill is a Kripalu yoga teacher. He teaches a full spectrum of classes at the Gentle, Moderate and Vigorous levels. In addition to a variety of Hatha and Vinyasa classes he also offers a number of differentiated classes including:

- Yoga with facilitated stretching/release
- Yoga Therapeutic Foundations of Balance, Strength and Flexibility
- Yoga and Ayurveda
- Chair Yoga
- Meditation and Pranayama (Breathing)
- History, Literature and Philosophy of Yoga
- Yoga Marketplace Workshop

## Yoga Training History

- Kripalu
  - o 2017 IYT 1000hr Certified Professional Yoga Therapist (C-IAYT )
  - o 2017 Kripalu 1000hr Yoga Teacher Training
  - o 2013 Kripalu 500hr Ayurveda Yoga Specialist
  - o 2012 Kripalu 500hr Yoga Teacher Training
  - o 2011 Lee Albert Positional Therapy Training Levels 1, 2 and 3 - 75hr
  - o 2010 Kripalu 200hr Yoga Teacher Training
- 2011 Yin Yoga Teacher Training 50hr
- 2011 Yoga for MS YTT sponsored by MS Society 50hr- Karen O'Donnell Clarke
- 2000 Ashtanga with Sharath, David Swenson, David Williams and Jois studios

Contact: Bill Koff [YogaTherapeutics@gmail.com](mailto:YogaTherapeutics@gmail.com) (914) 417-9642

Bill has a number of workshops and courses available:

- History, Literature and Philosophy of Yoga – covers 200hr YTT and 300hr YTT (25-30hrs) requirements and 90 min overview, half day and full day versions.
- Yoga with Facilitated Stretching and Release – 3 day for anyone, 5 day teacher training. 90 min overview, half day workshop and a variety of 1.5 hr weekly classes
- The Yoga Marketplace – 90 min
- Introduction to Ayurveda – 90 min
- Yoga Therapy Overview – 60 – 90 min
- How to Use and Understand Yoga Research – 90min, half day
- In process
  - o Yoga Therapeutic Foundations for Strength, Balance, Flexibility
  - o Science, Yoga and Narrative

Bill retired as VP and Chief Technology Officer of Computer Sciences Corporation (CSC) after a 40 year career as a consultant and executive in the Computer Consulting and Services Industry. His responsibilities included heading up the global Research, Methodology and the Executive Education organizations.

Bill has a BA (Philosophy) from Boston University and an MS (Computer Science) from Polytechnic University (NYU)