



Hannah Gardner

Yoga Teacher

My goal is to make others feel good in their own body and powerful in their mind. I love that yoga brings us together, both as mind-body-spirit and as a group of like-minded people.



I began taking yoga classes when I was 14 because both of my parents loved to practice. From ages 14 to 24, I practiced all over the country, making sure to try out a yoga studio wherever I went.

Then, while living in Boston post-grad, I thought it was time to dive deeper into my practice. I began teacher training just as 2020 was underway.

When the pandemic hit, I had to quickly adjust to learning and practicing on zoom. It was challenging to adjust to connecting with others in that same in-studio way, but online.

Now, having been back in NYC for 2 years, trying out a variety of different studios, I'm ready to bring the energy and the support to my students in person.

Contact Me

hannahrosesg@gmail.com

973-710-7013

www.hannahgardner.co

@_hannah.gardner

Certification

200 hr Yoga Alliance Training

Completed: May 2, 2020

Power Yoga Training

Completed Oct, 1, 2020

Teaching Experience

2020-2022

Virtual Yoga + Private Sessions

Skills

Breathing Techniques | Body Alignment | Time Management | Leadership | Communication | Punctuality | Self Motivation | Adaptability

Certificate of Completion

Power Yoga 200 Hour Teacher Training

This certificate is proudly presented to

Hannah Rose Gardner

This is to certify that Hannah Rose Gardner successfully completed CorePower Yoga Power Yoga 200 Hour Teacher Training in Boston, Massachusetts on the 2 day of May in the year 2020.

Heather Peterson

Program Lead Name



Program Lead Signature

 corepower YOGA



Certificate of Completion

Power Yoga Teacher Training

This certificate is proudly presented to

Hannah Gardner

*This is to certify the successful completion of CorePower Yoga **Power Yoga Teacher Training** on
2020-10-01*



Heather Peterson

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