



CHINATSU KAMBAYASHI



YOGA ALLIANCE CERTIFIED INSTRUCTOR

TEACHING EXPERIENCE

423 Yoga Studio - Redondo Beach, California

September 2021 - Present

- Vinyasa Flow
- Yin
- Pop-up Slow Flow 75m
- "Intention Flow" New Year's Special Class

Kefi Yoga Studio - Torrance, California

December 2019 - June 28 2023

- Vinyasa Flow 75/60 m
- Slow Flow
- Yin & Restorative
- "Feel Amazing" Workshop
- Yin + Sound Healing Special Class

Physical Therapy Concepts - Torrance, California

January 2020- Present

- Slow Flow
- Restorative
- Yin & Restorative
- Yin + Sound Healing Special Event

Chinatsu's combination of calm and empowering teaching style creates a peaceful environment enabling you to connect to your soul through your practice. Her athleticism and artisticness bring an intuitive flow in both her energetic Vinyasa and meditative Yin + Restorative class. She believes calmness is how we human beings are innately designed and the practice of yoga guides us back to our core being. You will leave your practice with a strong connection to your body and feel rooted in your truth.

✉ ck@earlybirdscalifornia.com

🌐 earlybirdscalifornia.com

🏠 Redondo Beach, California

SKILLS

- Vinyasa Flow
- Yin & Restorative
- Yin & Sound healing meditation
- Meditation
- Pranayama (Breathworks)
- Mindfulness
- Yoga for Healing
- Breast Cancer Support Yoga
- In-person / Online experience
- One to one to 80 students

LANGUAGES

English / Japanese

TRAINING & EXPERIENCE

500 hours Teacher Training / **50 hours** Yin Training at Yogaworks by [Bianca Amelie Fearon](#)

300 hours Teacher Training in Goa, India, Zihuatanejo Mexico by [Joan Hyman](#) at [Schoolof.Yoga](#)

Workshops, Mentoring Programs by Joan Hyman (as a mentor), [Lisa Walford](#) (Rest & Restore) and [Marla Apt](#) (Iyengar).