



# CHINATSU KAMBAYASHI



YOGA ALLIANCE CERTIFIED INSTRUCTOR

## TEACHING EXPERIENCE

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### **Kefi Yoga Studio - Torrance, California**

December 2019 - June 28 2023

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

### **423 Yoga Studio - Redondo Beach, California**

September 2021 - Present

- Vinyasa Flow
- "Intention Flow" New Year's Special Class

### **Physical Therapy Concepts - Torrance, California**

January 2020- Present

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

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](http://earlybirdscalifornia.com)

🏠 Redondo Beach, California

## SKILLS

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

## LANGUAGES

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English / Japanese

## TRAINING & EXPERIENCE

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**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](#)

Keep learning with Joan Hyman (as a mentor) , [Lisa Walford](#) (Rest & Restor) and [Marla Apt](#) (Iyengar).

# BODY MIND DESIGN WITH CHINATSU

## WEEKLY SCHEDULE 2023

### YOGA STUDIO

#### SUNDAY

11 am - noon  
Vinyasa Flow - heated @[423yogala](#)

#### WEDNESDAY

11:00 am - noon  
Slow Flow - unheated @[kefiyoga](#) (- 6/28)

5:15 - 6:15 pm  
Vinyasa Flow - heated @[423yogala](#)

#### THURSDAY

7:45 - 8:45 pm  
Yin + Restorative - unheated @[kefiyoga](#)(- 6/29)

### ONLINE

#### MONDAY

11 : 00 am - noon  
Slow Flow, Yin + Restorative Hybrid  
@[zoom](#) > Twice a month, DM me for the invitation link

#### FRIDAY

10 -11 am  
Yin + Restorative @[zoom](#) > once a month, DM me for the invitation link

- The schedule changes seasonally, please go to @[studioeb](#) for the latest schedule

## PRICE LIST

### PRIVATE FLOW

ONE TO ONE 60/75 | \$125/\$150

75 minutes private session

SMALL GROUP 60 | \$150

Up to 3 students 60 minutes private group session

GROUP 90 | \$250

4- 18 students 90 minutes private session. Over 19 students, contact me

### YOGA + MENTORING PACKAGE

- Yoga is an experience, you'll receive benefits which align with your personal needs.

ONE MONTH | \$900

THREE MONTH | \$2400

Once a week 60 minuite online session  
Including the first in-person 30 minutes consultation and daily homework

