

# GREGORY J PALMERINO

## YOGA - MEDITATION - MINDFULNESS

"Taking a yoga class with Greg Palmerino is life changing. He will reach the four corners of your feet and your mind. After taking his class for just 2 weeks both my body and mind felt stronger. I felt challenged to the fullest physically, emotionally, and spiritually. I am forever grateful for the knowledge and wisdom his yoga brought forth in me."

- Gia White, Former Student

### CONTACT INFORMATION

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### STYLES TAUGHT

- Vinyasa "Power" Flow
- Yin Yoga
- Hot Yoga Traditional/Hot Yoga Flow
- Restorative Yoga
- Yoga Nidra Guided Meditation
- Kundalini Inspired Yoga and Meditation
- Mindful Meditation

### WORKSHOPS DEVELOPED & LED

- Yoga Nidra - Multiple Studios
- Kundalini, An Intro - Funk Yoga
- Yin Yoga with Chakra Meditation - Soho Yoga
- Chakra Meditation - Yoga Daya
- Meditation, Mindfulness and the Media - Soho Yoga
- Meditation 101 - Soho Yoga
- Sound Healing with Yoga Nidra - Soho Yoga
- Beginning Meditation - Hot 8 Yoga
- Fundamentals of Arm Balances - Soho Yoga
- Advancing Your Arm Balances - Soho Yoga
- Fundamentals of Power Yoga Alignment - Yoga Daya
- Yin Yang Yoga New Years Day - Yoga Daya

### EDUCATION & CERTIFICATIONS

#### YOGA ALLIANCE E-RYT 200 HOUR

- 200 hour Power/Vinyasa Training at Hot 8 Yoga  
Bianca Fearon, E-RYT 500 and Layna Dakin E-RYT 500.
- 50 hour supplemental Yin training at Hot 8 Yoga  
Bianca Fearon, E-RYT 500.

#### ADDITIONAL YOGA EDUCATION

- Fundamentals of Teaching Kundalini - SOHO Yoga
- Trigger Point Therapy/Athlete Yoga - SOHO Yoga
- Anatomy of Yoga - SOHO Yoga, Amanda Ramirez CPT
- Hot Yoga Series, Asana Breakdown - Hot 8 Yoga
- Yoga Nidra 6 week Series - Re: Yoga
- CPR Certified.

**CALIFORNIA STATE UNIVERSITY, FULLERTON  
BA IN THEATER - GRADUATED 2009**

### EXPERIENCE

#### SEASONAL OPERATIONS MANAGER - SPRING 2018

#### FUNK Yoga & SUP Co, Little Corn Island, Nicaragua

**Jacqueline Griffiths, Studio Owner/Yoga Director - 215.479.8470**

- Led 2 plus yoga offerings, 6 days a week to an international clientele.
- Opened, closed and cleaned the studio space.
- Maintained payroll by collecting, calculating and entering data.
- Implemented a weekly donation based class and raised \$600 in two months for education and marine conservation programs.
- Aided in the creation of a sea turtle Headstart Program at Funk.

#### YOGA TEACHER

#### Soho Yoga, Hermosa Beach, CA | 2014 - 2018

**Natasha Needles, Studio Owner/Yoga Director - 209.559.0893**

- A staple of the Soho Yoga Hermosa Beach schedule with multiple permanent classes in various styles since its opening in 2015.
- A reliable substitute teacher for both Hermosa and DTLA studios.
- Created multiple well-attended workshops and workshop series.
- Developed a weekly donation based Meditation series, at one point raising over \$400 for Puerto Rico Relief efforts.
- Kickstarted the Meditation program at Soho Yoga.

#### SEASONAL MANAGER - SUMMER 2015

#### Firefly Yoga & Massage, Little Corn Island, Nicaragua

**Laurie "Lady Yoga" Searle, Wellness Director - 323.578.3020**

- Coordinated yoga and massage schedule, overseeing 4 other workers.
- Created a weekly staff class for Nicaraguan Staff/locals.
- Opened, closed, restocked and maintained the studio space.
- Maintained financial records for center owners.
- Developed my bodywork and massage skill set, earning multiple online review shout outs on Trip Advisor.

#### YOGA TEACHER/FRONT DESK SUPERVISOR

#### Hot 8 Yoga, Santa Monica, CA | 2013 - 2015

**Deanna Ainsworth, Yoga Director - 310.866.5280**

- Began as a front desk employee and became a popular teacher with multiple classes in various styles on the schedule.
- Provided essential feedback in a consultation for the owners leading to multiple lucrative changes, including replacing a sugary sport drink with healthy, locally sourced kombucha increasing profits \$2/bottle.
- Proved to be a reliable substitute working in multiple locations.

#### YOGA TEACHER

#### Yoga Daya, Culver City, CA | 2014 - 2015

**Tulsi Laher, Studio Owner/Yoga Director - 310.558.9642**

- Led weekly offerings of Yin and Vinyasa Flow at this Iyengar Studio.
- Created and led multiple well attended workshops.
- Developed a strong group of regular students.