

Natalie Rousseau

Certifications & Designations Earned To Date

- Hatha Yoga Teacher
- Ashtanga Yoga Teacher
- Anusara Inspired™ Yoga Teacher
- YHot Yoga Teacher
- Pre- Natal Yoga Teacher
- RYT 200 since 2002
- RYT 500 since 2006
- ERYT 500 since 2007

2000-2001: 200 hour Hatha Yoga Teacher Training with Prana Yoga College

2002: 50 hour Advanced Ashtanga Yoga Teacher Training with Tim Miller

2003: 50 hour Prana Vinyasa Flow Teacher Training with Shiva Rea

2003: 25 hour Pre Natal Yoga Training with Janice Clairfield

2000-2005: 150+ hours of miscellaneous workshops and trainings on topics such as anatomy, meditation, yoga practice, and philosophy with teachers Donna Farhi, David Swenson, Paul Grilley, Sarah Powers, John Scott, and Shiva Rea

2006: 500 hour Advanced Teacher Training & Philosophy Studies with SOYA and Marion Mugs McConnell (South Okanagon Yoga Assoc.)

2007-2008: 100 hour Anusara Yoga Immersion with Christina Sell & Robin Golt

2008-2009: 170 hours of Anusara Yoga Teacher Training with Chris Chavez & Robin Golt

2011: 9 Month Living Ayurveda Program with Cate Stillman

2011-2012: Home Study Ayurvedic Programs with Dr Claudia Welch and Jai Dev Singh

2012: 80 hour YHot Yoga Teacher Training

2012: Online Anatomy and Therapeutics Training with Martin Kirk

2012: Online Anatomy Fundamentals Program with Leslie Kaminoff

2012: 100 Hour Anusara Immersion with Robin Golt

2012-2013: 9 Month Living Ayurveda Program with Cate Stillman

2013: 25 hour Yogahour Teacher Training with Darren Rhodes

2013-Present: Inside Ayurveda Training with Todd Caldecott

2014: 100 Hour Vinyasa Yoga Teacher Training with Noah Maze & Sianna Sherman

2007-2014: 350+ hours of Anusara Yoga workshops and trainings with celebrated teachers Christina Sell, Robin Golt, Noah Maze, Martin Kirk, Desiree Rumbaugh, John Friend, Darren Rhodes, and Chris Chavez

Teaching Experience:

- Semperviva Yoga, Vancouver BC, Manager & Teacher 2003-2004
- Anahata Yoga, Tofino BC, Studio Owner & Teacher 2004-2009
- Wickanninish Inn, Tofino BC, Yoga Dept Manager & Teacher 2004-2012
- Pacific Elements Yoga School, Founder & Director of Training 2009-2014
- Open Source Yoga, Faculty 2010-Present
- Coastal Bliss Yoga Studio, Tofino BC, Manager & Teacher 2010-2012
- YYoga NeoWhistler Studio, Teacher, 2012-Present
- Vancouver School of Yoga, Teacher Training Faculty, 2013-Present
- Natalie Rousseau~ Living Yoga, Founder and Director 2014