

NANCY POPP

3756 West Avenue 40 K-266 Los Angeles CA 90065
(323) 365-9365 www.nancypopp.com

As an artist and educator from Los Angeles, I hold degrees from Art Center College of Design and the San Francisco Art Institute. My yoga practice began in 1994 with my initial interest in meditation and yoga philosophy. In 1995 I was initiated as a Kriyaban in the Self-Realization Fellowship Raja Yoga tradition. My asana studies include Bikram, Phoenix Rising, Sivananda, Dharma Yoga, and Yin Yoga, with experience in Ashtanga, Iyengar, Anusara, and Vinyasa practices. I have worked with Ayurvedic systems of diagnosis as treatment and in combination with asana practice.



My classes balance the strength of a purifying athleticism with the devotion and reverence of bhakti and the precise alignment of traditional Hatha Yoga instruction, and often include Vedic mantra and Bhakti chanting. I have taught persons with wide ranges of age and ability, from older students with physical or mobility limitations to high-school athletes, with a focus on recovering from traumatic injury.

2019

Trainer/Instructor, Kashmeerian Tantric Tandava Training
Women Who See in the Dark www.womenwhoseeinthedark.com
Contact: Komala Lyra www.komalalyra.com

2018

Pancha Karma Training
Arogyaniketana Ayurvedic Ashrama, Hariharapura Koppa
Chikamaagalore Karnataka 577120, India <http://arogyaniketana.com/>
Contact: Dr. Ashwin Shastri arogyaniketana3@gmail.com

2015-2016

Yoga Teacher
Regular Substitute for Yoga Director Gloria Baraquio's Classes
The Springs, 608 Mateo St, Los Angeles, CA 90021 (closed 2018)
Contact: Gloria Baraquio, former Springs Yoga Director: gloria@gloriabaraquio.com

2012-2013

Yoga Teacher
Regular Substitute for beginner, intermediate, advanced and community yoga classes
Urth Yoga, 2809 W. Sunset Blvd. Los Angeles 90026 (closed 2018)
Contact: Gabe Hendrie, Studio Owner (213) 483-9642

2010-2011

Yoga Teacher
Taught weekly multi-level community yoga classes through local community Time-Banking organizations
Echo Park/ArroyoSeco Time Banks Community Yoga
Contact: Megan Hobza (562) 714-5589

2003-2011

Head Yoga Teacher
Initiated and developed a two-tiered 10-week Yoga program for high-school students credited through the Physical Education Department, including asana, pranayama and mantra and chanting; led weekly yoga classes for faculty and staff.
Harvard Westlake Upper School, 3700 Coldwater Canyon Avenue, North Hollywood 91604 <http://www.hw.com/>
Contact: Terry Barnum (818)-980-6692

2001-2011

Senior Yoga Teacher

Dancing Shiva – Yoga and Ayurveda, 7466 Beverly Boulevard, Los Angeles 90036

<https://www.dancingshiva.com/>

Contact: Mas Vidal (323) 934-8332

Developed beginning, intermediate and advanced classes and trainings; assisted with workshops and events.

1997-2000

Head Yoga Teacher

Lead teacher for bi-weekly classes

Studio “A” Dance, 2308 Hyperion Avenue, Silver Lake 90027 (323) 661-8311

<http://www.studioadance.com/>

1995-1997

Assistant Yoga Teacher

Class assistant, regular substitute teacher director for Naader Shagagi’s weekly classes

Yoga Kingdom Sanctuary, 553 S Lake Avenue, Pasadena CA 91101

<http://yogakingdom.com/> Contact: Naader Shagagi (626) 792-7871