

Sara Ivanhoe

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Profile

Sara Ivanhoe, M.A. is the Founding Director of YogaUSC and a Lecturer in USC's Mind-Body department teaching Sleep for Peak Performance. She is a doctoral student at the Graduate Theological Union, where she will study to earn a Ph.D. in Yoga Philosophy. Sara has been teaching yoga since 1995, she completed 4, 500 hr. teacher training programs, and has been the Yoga Spokesperson for "Weight Watchers," "Yoga for Dummies," "Crunch Yoga," and appeared as a series regular on "Dr. Drew's Celebrity Rehab" as the therapeutic instructor. She served as the yoga columnist for Health magazine for three years and has written and appeared in almost every yoga and health publication. Most recently, she partnered with Oprah Magazine to co-create "Just Breathe," a brand of yoga breathwork and meditation, and was the recipient of USC's "Sustainability Across Curriculum" grant. Ongoing, Sara serves as the Yoga and Meditation Strategist for Glo, an online mindful movement class provider.

Education

PhD Student, Yoga Studies, Graduate Theological Union, Spring 2024

Yoga Philosophy

Department of Religion and Practice

Dr. Rita Sherma

M.A., Yoga Studies, Loyola Marymount University, 2015

Bellarmino College of Liberal Arts

Thesis: "Yogonation: Sustaining the Sacred and the Salubrious within the Saleable"

B.F.A., Dramatic Arts with honors, New York University, 1993

Tisch School of the Arts, Experimental Theater Wing

Yoga Teacher Trainings

LMU Yoga and Ecology Certification, 50 hr., Dr. Christopher Chapple, 2009

LMU Yoga Philosophy Certification, 50 hr., Dr. Christopher Chapple, 2009

Anusara Yoga, John Friend, Therapeutics, 25 hr, 2001

Anusara Yoga, John Friend, 500 hr., 2000

Yoga Works, Maty Ezraty, 500 hr., 1998

Freeform, Erich Schiffman, 500 hr., 1993

Awards & Appointments

- 2021 USC Sustainability Across Curriculum Grant, Recipient
2013 Appointed Student Senator of Inaugural Yoga Studies Cohort, Loyola Marymount University
1993 Founders Award for Academic Achievement, New York University

Professional Experience

University of Southern California - Los Angeles, CA

August, 2019 - Present

[Director/ Founder of YogaUSC](#)

[YogaUSC](#) is the home base for all yoga related activities at the University of Southern California campus. It serves as the resource guide for existing departmental classes, as an educational tool for greater understanding of yoga's many benefits, and offers specialized classes designed to bring together students, staff, and faculty.

Programs Developed & Instructed

1. [Mindful USC Sleep Series](#): A 5-week course that covers the stages of sleep, important nuances in commonly discussed sleep hygiene tips, practical tools to relax at the end of the day, and how to keep a sleep log to identify potentially unhealthy patterns. This program has been adapted for USC Keck School of Medicine, USC Alumni, and USC Undergraduates.
2. [Optimize Your Life Series](#) in partnership with Google: A mentorship and lecture series curated for USC students who are seeking balance in their lives, methods to thrive in highly competitive environments, and to develop their personal wellbeing toolkit. The series additionally provides students with mentorship opportunities from leaders who have achieved classic standards of success while setting a new benchmark for mastery: excelling at work, relationships, health, creative and community endeavors – all without the burnout.
3. Yoga at Home: An ongoing yoga practice series created in response to the transitions towards online learning. Yoga at Home is both a live Zoom class and a collection of full length yoga sessions on [YogaUSC's YouTube](#).
4. [Five Traits of a Trojan](#): A 5-week yoga class centered around reflecting on University Community values: to be faithful, scholarly, skillful, courageous, and ambitious.

Curated Resources and Partnerships:

1. ["Reclaim Your Breath"](#) with Salena Collins: In solidarity with Black Lives Matter, and in light of on-going injustices towards BIPOC, this new meditation series will focus on awareness of self, and how one relates to movements for justice. Participants will learn to operate from a mindfulness point

of view, while acting in alignment with their values.

2. [YogaUSC YouTube Channel](#): A library of video recorded yoga practices, guest lecturer presentations, and other supplementary materials.
3. [YogaUSC Blog](#): An online educational resource that brings in experts in the field of yoga, ayurveda, meditation and overall wellness.

Adjunct Lecturer: "Sleep for Peak Performance"

August 2021 - Present

- Created a 16-week, 2-credit sleep class curriculum in partnership with the Physical Education department at the University of Southern California.

Adjunct Lecturer: "Sustainability and Self Care"

August 2021

- Developed a new cross-departmental 16-week, 2-credit self care curriculum in partnership with the Dornsife College of Letters, Arts and Sciences at the University of Southern California. The curriculum has been approved and will commence Fall of 2022.

Glo, Inc. - Los Angeles, CA

May 2016 - Present

Yoga and Meditation Specialist & Content Curator

- Develop and communicate monthly brand strategy across blog, social, and email content.
- Serve as the Subject Matter Expert for the Content, Production and Customer Experience Team, offering yoga best practices content quality assurance.
- Curated 100+ handpicked collections: playlists of classes informed by marketing and data, organized around themes and built to include a mixture of modality, style, duration, experience level, and highlight a variety of teachers and curricula.
- Optimized growth and retention through content mapping and oversaw the production and quality assurance of 300+ classes across yoga, meditation, breathwork, and lifestyle education, each designed to maximize teacher strengths.
- Developed Glo's course portfolio and curriculum, producing 20+ online in-depth courses with durations between 3-25 hrs. Adapted meditation and yoga teacher training certification programs into an online format using Glo's Learning Management System of quizzes and assignments. Two courses are currently used by Loyola Marymount University for higher education credit.
- Architected and implemented Glo's audio meditation strategy, and produced the recording of 150+ audio meditation classes.

- Increased member retention by co-creating the user experience of Glo’s programs: a collection of sequential classes curated around a goal, based on the idea of incremental habit forming over a period of several weeks. Oversaw the creation and production of 70+ programs.
- Grew partner relationships with Google and high profile talent to elevate online content and increase member audience.
- Support the Customer Experience Team in responding to health and safety related inquiries.

Yoga History and Philosophy Expert

January 2012 - Present

Teacher Trainer

- Authored 10 hour Yoga History and Philosophy Lecture *Yoga: From Ancient Roots to Modern Times*, presenting as guest Teacher Trainer for yoga studios including:
 1. Love Yoga, 2017- 2020
 2. Twist Yoga, 2013 - Present
 3. Hot 8 Yoga, 2012 - 2016

Oprah Magazine - New York, NY

July 2018 - December 2018

“Just Breathe” Yoga & Meditation Brand Co-Creator

- Created branded practices and yoga teacher training curriculum for Oprah Magazine’s “Just Breathe” series. The curriculum included 5 complete practices: Wake, Focus, Mood Lifter, Feel the Love, and Sleep. Each practice was unique, but united by four primary components: intention setting, yoga, breathing, and meditation.
- Led teacher training for a select group of yoga teachers, certifying them in how to teach the sequences to then offer classes for the public.
- Taught “Just Breathe” Yoga on two of Oprah cruises, leading daily sessions every morning.

LMU Yoga Studies, Advanced Teaching Seminar - Los Angeles, CA

July 2018 - December 2018

Yoga Teacher Trainer

- Created, implemented, and taught Yoga Alliance approved curriculum for a 40-hour supplementary yoga training. The training seminar provided keystone knowledge to LMU Masters Students, rounding out their education to fulfill Yoga Alliance curriculum requirements to earn a 500 hr Yoga Alliance certification in conjunction with their MA degree.
- Taught students how to assist with props, give hands-on adjustments, abide teacher ethics,

successfully integrate cueing, and perform general verbal instruction.

Yoga Works - Los Angeles, CA

January 1997 - July 2017

Senior Instructor & Teacher Trainer

- Led between 3-18 classes a week for 20 years, primarily teaching Advanced Vinyasa, Yin-Yang, and philosophy-based teacher trainings.
- Traveled for Yoga Works as Guest Teacher across the country to flagship studios including: Main St., Montana, Westwood, Brentwood, New York's Soho, Upper West Side, and Upper East Side.

LMU Extension - Los Angeles, CA

August 2016 - December 2016

University Lecturer

Taught 5-week seminar on *The Upanishads* providing students with 2 extension credits towards the LMU Yoga Philosophy Certification Program.

Health Magazine - New York, NY

June 2007 - September 2010

Monthly Yoga Columnist

- Curated, authored and published a monthly yoga column, [*Magic Move*](#), highlighting specific health and fitness benefits of the practice

Advisory Boards

Yoga Alliance - Arlington, Virginia

January 2018 - Present

Online Teacher Training Qualifications Council

- Serve as subject matter expert for Yoga Alliance as they revise and update the curriculum requirements for their internationally recognized yoga certification standards

Yoga Unify - Sedona, Arizona

January 2018 - Present

Advisory Board

- Serve on the Advisory Board as a Founding Member
- Creating curriculum requirements alongside the qualifications council to reinvent the gold-standard for Yoga Teacher Trainings

Presentations

Featured Presentations

1. Ivanhoe, S. (Summer 2021). *Sleep for Peak Performance* presented on behalf of YogaUSC for the USC Summer Programs Experience, University of Southern California, Los Angeles, CA.

2. Ivanhoe, S. (Winter 2021). *Sleep is Your Superpower*. Co-Presented by CWFL and YogaUSC for The USC Center for Work and Family Life. Presentation given on behalf of YogaUSC, University of Southern California, Los Angeles, CA.
3. Ivanhoe, S. (Winter 2021). *Yoga for Stress Relief* as part of the Flow Wellness Series, a student-led intersectional feminist organization at the University of Southern California, Los Angeles, CA.
4. Ivanhoe, S. (Winter 2021). *Sleep for Restoring Burnout*, presented on behalf of YogaUSC for the Wellness of You virtual event series at the USC Health Science Campus, University of Southern California, Los Angeles, CA.
5. Ivanhoe, S. (Winter 2021). *Dream On: Learning Techniques for A Better Sleep*. Presentation given for Faculty of California State University Northridge, Los Angeles, CA.
6. Ivanhoe, S. (Winter 2020). *Tools to Reduce Anxiety*. Sleep Expert for online summit hosted by Sharon Brock Mindfulness.
7. Ivanhoe, S. (Winter 2020). *Mindful Moment for Deep Sleep*, a live online guided practice for sleep on Mindful Live, hosted by Mindful.org.
8. Ivanhoe, S. (Winter 2020). *The Sleep Sessions*. Seminar presented at Google's "The Season of Us" conference, Los Angeles, CA.
9. Ivanhoe, S. (Fall 2020). *Yoga and Integrative Health* panelist at the "Wellness Is An Inside Job: Healing The Mind & Body, Heart & Soul" 2020 virtual conference presented by The USC Institute of Integrative Health and Wellness, University of Southern California. Los Angeles, CA.
10. Ivanhoe, S. (Fall 2020). *Chair Yoga: Resilience Practices for Health-Care Workers and Yoga for Resilience: In-Depth Practice for Health Care-Workers*. Presentation given at the Childhood Adversity Resilience & Mindfulness (CHARM) Conference hosted by Children's Hospital Los Angeles.
11. Ivanhoe, S. (Fall 2020). *The Value of Self Care*. Lecture given as yoga expert and ambassador for Glo at "Code Talk," a virtual training webinar presented by Glo.
12. Ivanhoe, S. (Fall 2020). *Yoga for Recovery During COVID*, hosted by The Haven and YogaUSC, University of Southern California. Los Angeles, CA.
13. Ivanhoe, S. (Fall 2020). *Yoga to Support Quarantine Life*, hosted by USC's Native American Student Assembly and YogaUSC, University of Southern California, Los Angeles, CA.
14. Ivanhoe, S. (Summer 2020). *Sleep: Ancient Roots to Modern Science*. Talk given at the International Day of Yoga, hosted by Google, Los Angeles, CA.
15. Ivanhoe, S. (Spring 2020). *Yoga: Honoring the Past, Creating the Future*. Guest lecturer for

“Global Religions in Los Angeles,” hosted by Dean Varun Soni, University of Southern California, Los Angeles, CA.

16. Ivanhoe, S. (Winter 2018). *Healthy Sleep*. Mainstage presenter for Holland America’s Oprah Cruise, hosted by Oprah Magazine and Holland American Cruise Lines
17. Ivanhoe, S. (Fall, 2014). *Yoga for Healthy Sleep* hosted by USC International Conference in Yoga, Meditation and Integrative Health, University of Southern California, Los Angeles, CA.

Yoga Conferences & Festivals

1. College Yoga Day, USC
2. LMU Yoga Festival (3 years)
3. Atlanta Yoga Conference (6 years)
4. Boston Yoga Conference
5. Canada Yoga Conference, Winnipeg
6. Bhakti Fest (6 years)
7. Wanderlust Festival (3 yrs)
8. Hanuman Festival in Boulder CO (3 yrs)
9. Iowa Yoga Conference
10. Tadasana Yoga Festival
11. Sedona Yoga Festival (5 years)
12. Here Comes the Sun, presented by Health Magazine
13. The Art of Yoga, presented by Flavorpill at the Getty Museum
14. Wanderlust 108, Santa Monica Pier (3 years)
15. Yoga on the Pier, hosted by ROGA
16. Martha’s Vineyard Yoga Festival

Master Classes and Retreats

1. Advanced Teaching Skills, Shanti Yoga, Idaho (3 years)
2. Asana, Meditation and Philosophy Master Class, YYoga, Vancouver (2 years)
3. Arm Balances and Inversions Master Class, Pure Yoga, New York (2 years)
4. Bhakti Vinyasa Retreat, Ojai, (4 years)
5. Yoga and Kirtan Retreat, Bali
6. Yoga and Sustainability, Nicaragua

Publications

Books

1. Ivanhoe, S. (2015). Three chapters: *To Find Your True North, You Must Salute The South, The Four Margas: Map of the Road, and Saluting the Lineage: 'The Father of Modern Yoga,'* Tirumalai Krishnamacharya published within the book "Wanderlust: A Modern Yogi's Guide to Discovering Your Best Self" by Jeff Krasno, New York, Rodale Press.
2. Ivanhoe, S. (2013). Contributor of "Wanderlust Teacher Training Manual" by Jeff Krasno and Schuyler Grant, self-published

Articles

1. Ivanhoe, S. (Winter 2020). [*A Gentle Practice to Wind Down Before Bed with Sara Ivanhoe*](#), Mindful Magazine
2. Ivanhoe, S. (Summer 2016). [*Visiting Amma: Guidelines for Receiving Hugs and Meditating*](#), LA Yoga Magazine
3. Ivanhoe, S. (Summer 2014). [*Dristi A Tool For Focus and Balance*](#), Mantra Yoga + Health Magazine
4. Ivanhoe, S. (Fall 2012). [*From the Outside In: A Journey Through the Eight Limbs of Ashtanga Yoga. Part 2*](#), Yoganonymous
5. Ivanhoe, S. (Summer 2012). [*From the Outside In*](#), Sweat Equity Magazine
6. Ivanhoe, S. (Spring 2012). [*Hey-Gaze \(The Yoga of Seeing\)*](#), IntentBlog
7. Ivanhoe, S. (Winter 2012). [*Bhakti - The Yoga of Valentine's Day*](#), The Huffington Post
8. Ivanhoe, S. (Winter 2012). [*Yoga Rocks The Butte*](#), Elephant Journal
9. Ivanhoe, S. (Winter 2011). [*Giving*](#), Sweat Equity Magazine
10. Ivanhoe, S. (Winter 2011). [*Practicing Gratitude On The Mat*](#), Sweat Equity Magazine
11. Ivanhoe, S. (Fall 2011). [*Slip Into Savasana*](#), Whole Life Times Magazine
12. Ivanhoe, S. (Summer 2011). [*Yoga for Peaceful Sleep - Counting Sheep*](#), Elephant Journal
13. Ivanhoe, S. (Summer 2011). [*Laura Ziskin - Yogini*](#), The Huffington Post
14. Ivanhoe, S. (Spring 2011). [*It Happens...*](#), LA Yoga Magazine
15. Ivanhoe, S. (Spring 2011). [*In Class Adjustments*](#), Sweat Equity Magazine
16. Ivanhoe, S. (Spring 2011). [*On Perspective*](#), The Huffington Post
17. Ivanhoe, S. (Spring 2011). [*Building an Ark: Three Things I Learned from Noah*](#), The Huffington Post

18. Ivanhoe, S. (Spring 2011). [*His Holiness—A Questions of Ethics and Three Bows*](#), The Huffington Post
19. Ivanhoe, S. (Winter 2010). [*Not Perfect, But Present*](#), Sweat Equity Magazine
20. Ivanhoe, S. (Winter 2010). [*Yoga's Latest Hybrid--The Bicycle*](#), Elephant Journal
21. Ivanhoe, S. (Fall 2010). [*Your Whole Life is a Vinyasa*](#), LA Yoga Magazine
22. Ivanhoe, S. (Fall 2010). *Not Perfect, But Present*, LA Yoga Magazine
23. Ivanhoe, S. (Fall 2010). [*The 33 Yoga Classes You Have to Hit if You Find Yourself in West L.A.*](#), The Huffington Post
24. Ivanhoe, S. (Fall 2010). [*Can We Ever Truly Accept Our Impermanence*](#), Elephant Journal
25. Ivanhoe, S. (Summer 2010). *Magic Move Column: 30 Seconds to Strong Legs*, Health Magazine
26. Ivanhoe, S. (Summer 2010). [*Happy Gradual-ation: Appreciating Each Step of the Way*](#), The Huffington Post
27. Ivanhoe, S. (Summer 2010). [*For Dennis*](#), The Huffington Post
28. Ivanhoe, S. (Spring 2010). [*The Divinity of Shoes*](#), The Huffington Post
29. Ivanhoe, S. (Spring 2010). [*'Whether' the Storm*](#), The Huffington Post
30. Ivanhoe, S. (Spring 2010). [*'Birkin' Yoga*](#), The Huffington Post
31. Ivanhoe, S. (Spring 2010). [*If It's Not Fun, Change It*](#), The Huffington Post
32. Ivanhoe, S. (Spring 2010). [*Fire and Ice\(land\)*](#), The Huffington Post
33. Ivanhoe, S. (Spring 2010). *Magic Move Column: Tummy Tamer*, Health Magazine
34. Ivanhoe, S. (Winter 2010). *Magic Move Column: Instant Stress Buster*, Health Magazine
35. Ivanhoe, S. (Winter 2010). *Sustainability: Remembering That You and The Planet Are One*, LA Yoga Magazine
36. Ivanhoe, S. (Winter 2010). [*Not Perfect, But Present*](#), Sweat Equity Magazine
37. Ivanhoe, S. (Winter 2009). *Magic Move Column: A Flat Belly in Seconds*, Health Magazine
38. Ivanhoe, S. (Fall 2009). *Magic Move Column: Feel More Beautiful*, Health Magazine
39. Ivanhoe, S. (Fall 2009). *Magic Move Column: Bye Bye Backache*, Health Magazine
40. Ivanhoe, S. (Fall 2009). *Magic Move Column: Stress Be Gone*, Health Magazine
41. Ivanhoe, S. (Summer 2009). *Magic Move Column: Energize Me*, Health Magazine
42. Ivanhoe, S. (Summer 2009). *Magic Move Column: Boost Your Bust*, Health Magazine
43. Ivanhoe, S. (Spring 2009). *Magic Move Column: NoMore Muffin Top*, Health Magazine
44. Ivanhoe, S. (Winter 2008). *Magic Move Column: Stress Soother*, Health Magazine
45. Ivanhoe, S. (Fall 2008). *Magic Move Column: End Arm Jiggle*, Health Magazine
46. Ivanhoe, S. (Fall 2008). *Magic Move Column: Sleep Better*, Health Magazine

47. Ivanhoe, S. (Fall 2008). *Magic Move Column: Breathe A Whole Lot Easier*, Health Magazine
48. Ivanhoe, S. (Fall 2008). *Stretch Your Way Stronger*, Shape Magazine
49. Ivanhoe, S. (Fall 2008). *Magic Move Column: Breathe A Whole Lot Easier*, Health Magazine
50. Ivanhoe, S. (Summer 2008). *Magic Move Column: Want A Shapely Butt?*, Health Magazine
51. Ivanhoe, S. (Spring 2008). *Magic Move Column: Best Cures For A Headache*, Health Magazine
52. Ivanhoe, S. (Spring 2008). *Magic Move Column: Achy Back?*, Health Magazine
53. Ivanhoe, S. (Spring 2008). *Magic Move Column: A Yoga Stretch That Flattens Your Tummy*, Health Magazine
54. Ivanhoe, S. (Winter 2007). *Detox Your Body, Mind, And Soul - Cover*, Fit Yoga Magazine
55. Ivanhoe, S. (Winter 2007). *The Nature of Asana*, Fit Yoga Magazine
56. Ivanhoe, S. (Fall 2007). *Make It Easier Somehow*, Fit Yoga Magazine
57. Ivanhoe, S. (Fall 2007). *Boost Your Spirits*, Health Magazine
58. Ivanhoe, S. (Spring 2006). *Mudras*, Body + Soul Magazine
59. Ivanhoe, S. (Fall 2005). *Chant Encounters: An Interview with Krishna Das*, Fit Yoga Magazine
60. Ivanhoe, S. (Summer 2005). *Yoga With Weights*, Women's Health and Fitness Magazine
61. Ivanhoe, S. (Summer 2007). *Find Freedom In Your Yoga: An Interview With Erich Schiffmann*, Fit Yoga Magazine
62. Ivanhoe, S. (Spring 2005). *Detox Yoga - Cover*, Fit Yoga Magazine
63. Ivanhoe, S. (Fall 2004). *Balancing Poses*, Cooking Light Magazine
64. Ivanhoe, S. (Fall 2001). [How to Transform Your Thighs with Yoga](#), Health Magazine
65. Ivanhoe, S. *Holi-Daze: Adjust Your Dristi, Ground Your Energy*, Yoganonymous
66. Ivanhoe, S. *It Happens...Arriving Late, Leaving Early, And The Secrets to Respectful Classroom Practice*, LA Yoga Magazine
67. Ivanhoe, S. [Yoga for Peaceful Sleep](#), Gaiam Blog
68. Ivanhoe, S. *Your Whole Life Is A Vinyasa*, Sweat Equity Magazine
69. Ivanhoe, S. *Not Perfect, But Present*, LA Yoga Magazine
70. Ivanhoe, S. *Lessons From Jellyfish*, MindBodyGreen
71. Ivanhoe, S. *Sustainability*, LA Yoga Magazine

Media

Instructional Videos

Worked in partnership with top fitness brands to develop instruction yoga content designed around existing brand strategy. Hired as script writer, sequence creator, and featured yoga instructor for the

following productions:

- Weight Watchers: *Yoga Starter Kit*
- For Dummies: *Basic Yoga For Dummies*
- For Dummies: *Beyond Basic Yoga For Dummies*
- For Dummies: *Meditation for Dummies*
- Crunch: *Candlelight Yoga*
- Crunch: *Fat Burning Yoga*
- Crunch: *The Joy of Yoga*
- Natural Journey: *Yoga Body Makeover*
- Natural Journey: *Ultimate Yoga Makeover – Gift Box Set*
- Russell Simmons: *Yoga Live*
- Yoganation: *Yoga On The Edge*
- Fit TV: *Yoga For Weights*
- Fit TV: *Yoga Zen*
- Exercise TV: *Yoga On The Edge*
- Exercise TV: *Yoga At The Pump*

Television Appearances

- Featured Expert: E! News “Entourage Yoga”
- Therapeutic Instructor: ABC’s Beyond The Red Carpet, Yoga with True Blood’s Lauren Bowles
- Therapeutic Instructor: Celebrity Rehab with Dr. Drew - Season 1, Episode 4
- Therapeutic Instructor: Celebrity Rehab with Dr. Drew - Season 2, Episode 4
- Expert Interview: CBS Early Morning Show
- Expert Interview: CNN Health Corner
- Expert Interview: Body In Balance (UK)

Interviews

- Spirit Matters Talks, conversation on contemporary spirituality with Dennis Raimondi and Philip Goldberg: [Interview with Sara Ivanhoe](#), Winter 2021.
- Excuse My ADHD Podcast, Fall 2020
- Yoga Revealed Podcast: [Sara Ivanhoe: The Many Paths of Yoga](#), Fall 2016
- Whole Life Times: [Yoga Teacher to Yoga Scholar](#), Winter 2015
- Organic Spa: [At Play With Sara Ivanhoe, Yogini Supreme](#), Fall 2011

- MindBodyGreen: [*First Yoga Class I Ever Taught - All-Star Yogis Tell All*](#), Summer 2011
- Elephant Journal: [*Why Heartbreak Could Be The Best Thing Your Yoga Has Ever Had: An Interview with Bhakti Yogi Sara Ivanhoe*](#), Summer 2011
- Health Magazine: *2007: A Great Year of Health*, Winter 2008
- Outside Magazine: [*Dream Jobs*](#), Spring 2007
- Body + Soul: *Intuition Interview*, Winter 2006
- Shape: *Sculpting Upper Arms*, Summer 2006
- Women's Health: *Head Stand Pose*, Spring 2006
- Muscle and Fitness: *Personal Profile*, Winter 2006
- Yogi Times: *Teacher Profile*, Summer 2005
- Fit Yoga: *Yoga Live*, Fall 2005
- LA Times: *Hip Hop To A Higher Power*, Spring 2005
- New Living: [*Personal Profile*](#), Summer 2004
- East Valley Health News: *Are You Yoga Phobic - Cover*, Summer 2002
- First For Women: *Celebrities Stay Fit With Yoga*, Fall 2001
- Mantra Yoga + Health: *Strong Women Feature*
- LA Times - Health: [*At Wanderlust, Yoga Flows into Party*](#)
- Origin Magazine: [*Tadasana Festival Interview*](#)
- Alignyo: *Inside The Yogi's Belly*
- Yoga Chicago Magazine: [*From Video to Weekend Workshop*](#)
- Alignyo: [*Sara Ivanhoe's Yoga Goal? Love.*](#)

Featured Expert

- Vogue: [*Is a Good Night's Sleep the Most Elusive Wellness Commodity?*](#), Winter 2020
- Somnia: [*100 Most Influential Yoga Teachers in America*](#), Winter 2016
- Hollywood Reporter: [*Type A to ZZZ: The Agony of Industry Insomnia*](#), Winter 2016
- Yoga Journal: [*How To Protect The Earth By Reconnecting With It*](#), Spring 2013
- Health Magazine: [*Yoga For A Beautiful You*](#) - L'Oreal Spread, Fall 2013
- Yoga Journal: [*Lead With Your Heart: How to Practice Bhakti Yoga*](#), Fall 2012
- Whole Life Times: [*Slip into Savasana*](#), Fall 2011
- Reuters: [*Learning The Language of Fitness*](#), Fall 2011
- New York Times: [*The Right Bags For Yoga Stuff*](#), Spring 2010
- Natural Health: *Ask the Expert Q&A*, Spring 2009

- Sunset Magazine: *Yoga*, Winter 2009
- Natural Health: *How To Fix A Tension Headache*, Winter 2009
- Natural Health: *Four Yoga Poses*, Spring 2008
- LA Yoga Magazine: *New Paths to Travel*, Spring 2008
- New York Times: *Detox For The Camera, Doctor's Order!*, Winter 2008
- Shape Magazine: *Crow Pose*, Spring 2007
- Runner's World: *Yoga For Runners - On The Mat*, Spring 2007
- Fitness Magazine: *Ask The Expert*, Summer 2005
- Self Magazine: *Yoga Abs*, Winter 2005
- Self Magazine: *Ask The Expert: A Better Cobra*, Summer 2003
- Cosmopolitan Magazine: *Tighten Your Tush*, Spring 2003
- Shape Magazine: *The Beginner's Guide To Yoga*, Winter 2003
- Complete Woman Magazine: *Crunch Total Body Toning - Position Review*, Winter 2003
- Prevention Magazine: *Yoga Dos and Don'ts*, Fall 2002
- Marie Claire: *10 Days To A Better Butt*, Winter 2002
- Prevention Magazine: *More Energy*, Winter 2002
- Seventeen Magazine: *Six Steps To Serenity*, Fall 2001
- Los Angeles Magazine: *Road Warrior Travel*, Spring 1999
- Jump: *Groove Moves*, Winter 1998
- New York Times: [Gear Test | Yoga-Mat Bags](#)
- Oxygen: *Decasno's Garden*
- Fitness Magazine: *Yoga Lessons To Live By*
- Health and Fitness Magazine: *How to Clean Your Yoga Mat*
- VIVMagazine: *Bowles' Balance* with True Blood actress Lauren Bowles

Documentaries

- Featured "Titan": *The Titans of Yoga* by Johannes Fisslinger, 2011
- Featured Yogini: *Women of Bhakti* directed by Brij Projects, 2011
- Yoga Expert: *Bridging Heaven and Earth* Public Access Interview, 2009
- Featured Expert: *Finding My Way* directed by John Hanley, Jr., 2008

Continuing Education

Trainings and Workshops

- Bhakti Yoga 5-Day Retreat, led by Mata Amritanadamayi bi-annually, 2001-present
- Metta Mindfulness 8-Day Training, led by Sharon Salzberg, Spirit Rock Center
- Bhakti Yoga and Ayurveda Retreat, led by Krishna Das and Dr. Robert Svobodha, Inner Harmony Retreat Center
- Freeform Yoga Retreat, lead by Erich Schiffman, White Lotus Foundation
- Yoga Works Sponsored Workshops: Arm Balances, Backbends, Elements of Vinyasa, Inversions, Yoga Therapy, Practice Teaching Symposium, Alignment of Hip Openers, Yin Yoga Immersion, Ashtanga First Series

Certification

- Whitewater Voyages White Water Rafting Guide Certification, 1989
- First Aid CPR, 1989 - present

Studies with Senior Teachers

Rodney Yee, Maty Ezraty, Rod Stryker, Shandor Remete, Richard Freeman, John Friend, Lisa Walford, Seane Corn, Saul David Raye, Mark Whitwell, Shiva Rea, Chuck Miller, Annie Carpenter, Kia Miller, Dona Holleman, Gabriella Guibilaro

References

Dean Varun Soni

Dean of Religious Life, Vice Provost for Campus Wellness and Crisis Intervention
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Dr. Christopher Chapple

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Loyola Marymount University, Bellarmine College of Liberal Arts
1 LMU Dr. Los Angeles, CA, 90045

Steve Vankanegan

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University of Southern California, Dana and David Dornsife College of Letters and Arts
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