



Brandi Rollins, PhD, RYT-500

TEACHING PHILOSOPHY

I teach students to use breath, movement and sound to focus their mind, physically challenge their bodies, take up space in their existence, and to PLAY. In our culture, we have forgotten about the importance of play as a tool for learning and experiencing life. But as adults, we have the opportunity to infuse play with wisdom in how we authentically express ourselves on and off the mat.

PROFESSIONAL EXPERIENCE

Yoga Instructor, 5/2012 - present.

Lila Yoga Studios, State College, PA.

- Instructed yoga classes in Lila Yoga® style (www.lilayoga.com; integration of hatha, pranayama, mediation, and raja) in a group setting, with a focus on anatomy, connecting energetically to each posture, and using sound and music (often live) to help students connect to the present moment.
- Instructed classes that are physically challenging (e.g., vinyasa, posture-based, sun salutations).
- Provided verbal and assisted modifications to meet student needs.
- Provided verbal and hands-on adjustments to clarify and enhance poses.
- Provided guidance in meditation and pranayama techniques.
- Facilitated a welcoming and comfortable community-based studio environment.
- Developed curriculum for Introduction to Yoga and Lila Yoga® Sun Salutations workshops.

EDUCATION AND CREDENTIALS

12/2016 RYT - 500 Hours Certification - Erica Kaufman, ERYT-500+, creator/owner of Lila Yoga®.

5/2013 PhD in Human Development and Family Studies, Pennsylvania State University, PA.

5/2012 RYT - 200 Hours Certification - Erica Kaufman, ERYT-500+, creator/owner of Lila Yoga®.

3/2012 Studies at Krishnamacharya Yoga Mandarim in Chennai, India (10 Days).

5/2001 Bachelors of Arts, major in English and Anthropology, Centre College, KY.

CORE COMPETENCIES

Anatomy of Yoga, Yoga Philosophy, Pranayama, Lila Yoga® Sun Salutations.

TYPES OF CLASSES AND WORKSHOPS TAUGHT

Classes: Lila Yoga® Sun Salutations, Power Hour, All Levels, Level 1/2, Yoga by Candlelight, Yoga with Live Music. Workshops: Intro to Yoga (5 class workshop), Lila Yoga Sun Salutations (4 class workshop).

WHAT CAN STUDENTS EXPECT FROM MY INSTRUCTION?

Students can expect to feel internally nourished, to be challenged, and to leave the class feeling stronger and clear-minded. In each class, I provide a space where students can experience yoga as their own, rather than simply regurgitating a list of movements. While this is what I offer, what any student experiences in my class will depend on their sincere interest in exploring and allowing creativity into their practice.