



Alexis Linn Story

200 HR Registered Yoga Teacher

PERSONAL PROFILE

I teach with energetic passion. My goal is to guide clients in their practice to feel strong and powerful but also centered and connected so they learn to listen to both body and mind. I specialize in powerfully themed classes, weaving in language that assists with muscle activation and internal reflection. My goal is to engage both the practitioner's soul and energetic spirit, with a wide range of teaching skills: from challenging asana flows and inversions to more mindful and meditative techniques. Through intention, meditation, pranayama and asana, the classes can stimulate physical discipline or deep relaxation all through the embodiment of presence. Each class's structure is carefully thought through and planned but with the flexibility to be tailored to the needs of the students present.

YOGA TRAINING

Fall 2006: 200 Hour Teacher Training Peachtree Yoga - Graham Fowler, Atlanta, GA

2016: Training w/ Brian Aganad - Core Strength 30 day program, the 1% yoga teacher

2016: CorePower Yoga - 20 hr Immersion Training

2018: CorePower Yoga - 50 hr Yoga Sculpt Teacher Training

2020: Scott Moore - 50 Hr Yoga Nidra Immersion training

2021: Y6 - 20 hr Teacher Training YogaSix

YOGA TEACHING & GROUP FITNESS EXPERIENCE

2021-2022 YOGASIX DUNWOODY: POWER, HOT, YOGA SCULPT

2015-2020: COREPOWER YOGA: HOT POWER VINYASA, 75 mins. Yoga Sculpt

2016- 2016: CROSSFIT MIDTOWN: 60 mins. Restorative

2015-2017: ATHLETIC CLUB NORTHEAST: 75 mins. Power Vinyasa Class

2007- 2011: LADIES WORKOUT EXPRESS 75 mins. All levels, Vinyasa Yoga

EXPERTISE

Vinyasa

Power

Sculpt

Nidra

Restorative

TRAINING & PROFESSIONAL DEVELOPMENT

2020 Yoga Nidra Training:
50 hour Scott Moore

2017 CorePower:
50-hour Yoga Sculpt Intensive

2015 CorePower:
20-hour Intensive Training

2007 Nationally Registered
Yoga Teacher Training:
200-hour, Peachtree Yoga

CERTIFICATIONS

Certified NLP Life Coach
(60+hrs), 5th Element
Behavior Consultancy

Master NLP Coach (125+
hrs) 5th Element Behavior
Consultancy

Ordained Sacred Healer,
St. Thomas Christian
Church/ Karin Kabalah
Center

Certified Health Coach,
Precision Nutrition - 2020

CONTACT

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