

TYMI HOWARD

500 E-RYT YOGA TEACHER



TYMI HOWARD BIO

TYMI HOWARD 500 E-RYT is an International Yoga Teacher, Certified Holistic Health Coach and Owner of Guruv Yoga Studios in the United States. Pioneering the Vinyasa Yoga movement in Central Florida, Tymi is dedicated to inspiring people to discover their life's purpose through the art of yoga. Her introduction to yoga began in NYC in 1993 as a professional ballet dancer with several nagging injuries and she found her way into an Ashtanga class. Receiving her BA in Theatre and Dance from Rollins College and Masters Degree from NYU/ Circle in the Square, and too many Yoga Teacher Trainings to list, she continues to be influenced by so many gifted teachers. Tymi is known in the yoga community as a "Teacher of Teachers" and a skillful graceful practitioner. Students fall in love with her dynamic, playful style of teaching, artistic sequencing and music! Self proclaimed travel junky, blogger and animal rights advocate, she is a lover of God, Life and Yoga. Tymi is forever a student and grateful to all of her teachers, students and family who continue to inspire!

You can catch Tymi teaching and presenting at The Yoga Journal Conferences, Wanderlust, Bali Spirit Fest, Bhakti/Shakti Fest, Sedona Yoga Festival, India Yoga Festival, Telluride Yoga Festival, , Namaste AZ Fest, and on the regular teaching schedule at Guruv Yoga Studios and online classes at www.yogavibes.com

TYMI HOWARD

SOCIAL MEDIA & LINKS:

We Chat: Tymi Howard

WEBSITE: <http://www.tymihoward.com>

BLOG: <http://theyogaposer.blogspot.com>

FACEBOOK: <https://www.facebook.com/tymihoward>

INSTAGRAM:: <http://instagram.com/tymihoward/>

TWITTER: <https://twitter.com/tymihoward>

YOUTUBE:: https://www.youtube.com/channel/UCNqO1aqxwf54YJX7wtf6_dw

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