Tymi Howard Bio

TYMI HOWARD, 500 E-RYT with Yoga Alliance, is an international yoga teacher,

Certified Holistic Health Coach and Owner of Guruv Yoga Studios in the United

States. Pioneering the Vinyasa and Yin Yoga movement not only in Central Florida,

but throughout mainland China, Asia, and Indonesia. 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 Yoga Trainings with John Friend, Dharma Mittra, David Swenson,

Steve Ross, Jonny Kest, Barron Baptiste, Shiva Rea, David Life and Sharon Gannon

just to name a few. Tymi considers herself to be a "professional student."

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

join Tymi around the globe for one of her Yoga Alliance Certified Trainings,

Workshops, Retreats or at a conference and festival. Online Classes can currently

be found on DailyYoga and Yogavibes.

Website: www.tymihoward.com

Tymi Howard Shorten Bio

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