



My greatest passion is sharing practices and teachings that have dramatically altered the way I view the world and this life. I have conducted teacher trainings, workshops, and retreats, internationally since 2013, covering a wide range of topics, including:

- Yin Yoga
- Hatha/Vinyasa Yoga
- Functional Anatomy
- Meditation
- Buddhism

Teachers with whom I have studied closely include:

- Sarah & Ty Powers
- Paul & Suzee Grilley
- Joe Barnett
- Maty Ezraty
- Kittisaro & Thanisarra
- Dzigar Kontrül Rinpoche

#### CONTACT

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## ADAM STONEBRAKER

Meditation + Yoga + Mindfulness  
ERYT 500 YACEP

#### CERTIFICATION

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*Insight Yoga Institute - Sarah Powers*

500hr Certification 2017

Endorsed to teach *Insight Yoga* by Sarah Powers in 2019

Paul Grilley

100hr Yin Yoga Certification 2018, 2019

*Moksha Yoga International*

500hr Hatha Yoga Certification 2014

*Bija Yoga University - Cincinnati OH*

200hr Vinyasa Yoga Certification 2011

#### TEACHER TRAINING EXPERIENCE

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The Yoga Bar

2013–Current

Teacher Training Staff – Functional Anatomy, Meditation, Yin Yoga

Modo Yoga International

2014–Current

Advanced Teacher Training Staff

Yin Yoga Teacher Trainer

Contemplative Yogi

2014–Current

Head Trainer – Yin Yoga, Hatha/Vinyasa Yoga, Anatomy, Meditation

Sarah Powers – Insight Yoga

Assistant

Joe Barnett – Yin Variations

Assistant