

Regina Gelfo

:: yoga & meditation teacher ::

Email: reginagelfo@gmail.com Location: Oakland, CA

:: about my teaching style ::

With a foundation in Kundalini Yoga, as well as a study of many kinds of meditation including zen, vipassana, color/light & sound healing, QiGong & energy healing, I enjoy blending these influences in my classes. I prefer working with private clients or small groups, so I can tailor our work together to students' target areas of growth.

:: specializations ::

Kundalini Yoga

This spiritually-focused style of yoga is built on mind-body connection, and uses postures, chanting, and meditation to target specific physical systems & emotional tendencies. A typical class is 1.5 hours and includes a "kriya," or yoga set, and a short meditation.

Custom Offerings

Ninja Mind Training Morning Meditation, Color & Sound Vibrational Healing, Nature Meditations, Guided Visualization, Yogic Event Facilitation, Yoga for Conscious Communication in Families, Co-Workers, & Relationships

:: training ::

IKYTA Kundalini Yoga Teacher Training (Level 1) - completed summer 2008

This 9 month weekend program includes history & philosophy of Kundalini yoga, postures, meditation & mantra, diet & lifestyle, and the completion of a 40 day 1.5 hour personal practice of a yoga set & meditation

Kundalini Yoga Teacher Training (Level 2, The Mind & Meditation) - completed Nov 2009

This 1 month weekend program provides in-depth study of yogic concepts of mind & meditation's effects on the mind. It includes several advanced (30+ minute) in-class meditations, as well as the completion of a 90 day personal practice of 1 hr of meditation daily.

:: teaching experience ::

San Francisco Kundalini Yoga Center 2008 - 2009

Rotating class & subbing

SeraPhi Center 2009

Sound Yoga (yoga with music & sound healing components)

Private Sessions 2008 - 2009

Teaching individuals and small groups at home, in the workplace, or outdoors

Workplace 2008 - 2009

@ Current TV (while I was working there in 2008)

@ American Academy of Ophthalmology (in 2009)

Retreats 2009

Leading morning yoga & meditation sessions:

@ Reality Sandwich Retreat (Boulder, Utah, May 09)

@ Laytonville Permaculture Design Course (Laytonville, CA, June 09)

@ Evolver "Supernatural" Retreat (Boulder, Utah, Oct 09)

Events 2009

Event facilitation for groups, including opening grounding meditation & visualization exercises

:: retreats & workshops attended ::

Zen Meditation @ Tassajara & Green Gulch Zen Centers 2005 - 2006

QiGong @ SF Zen Center 2007

Vipassana Nature Meditation Workshop @ Spirit Rock 2007

Kundalini Yoga Women's Retreat 2007

Embodied Voice (singing from the chakras) 2008

White Tantric Yoga Workshop 2008

White Tantric Yoga Workshop 2009

Energy Healing Workshops 2009

Conscious Communication (NVC) 2009

Ecstatic Medicine Vocalization (chanting) 2009

:: mentors / references ::

Dr. Hari Simran Khalsa dryogi108@gmail.com 510-507-0264

Sat Santokh satsantokh@comcast.net 510-913-2626

Sat Rattan Kaur satrattan@gmail.com 510-407-5328

Reference from my teacher:

"Regina is one of the brightest students I have ever met. She has a flexible mind, a strong body, a vibrant personality, and insight and wisdom beyond her years. I trust Regina."

— Dr. Hari Simran Khalsa www.dryogi.com

:: student testimonials ::

"Regina has all the gifts of a natural teacher. Regina set the tone both physically and spiritually with calm & clear instructions that quickly led to a place which was tranquil and present. The highlight of our chanting session was jointly creating a wonderful song with Regina & my son as our voices resonated with one another; it was a unique and unforgettable experience." - Ann Hasse

"Regina's private yoga lessons were not only instructional, but inspirational as well. As a newcomer to yoga, I found Regina to be thoughtful, patient & motivational." - Georgi Goldman

"Regina is a skilled facilitator of Kundalini Yoga. I had a great experience chanting under her direction in the red cliffs of Utah, and recommend the experience to others." - Daniel Pinchbeck

"Regina's session at my office was a very eye-opening experience (despite having my eyes closed). The simultaneous attention given to body and mind in Kundalini yoga was a lot more fulfilling than just moving my body. My whole day was lifted after her class." - Dan Gudge