



## English Resume Simon Rowe 2017

*I love looking for new ways to share yoga, to keep it fresh and keep it real. Teaching yoga is so inspiring, to feel how we can move together in a dynamic yoga meditation, connected by the rhythm of the breath to the life force that flows through all of us." ~ Simon*

Simon is a senior Vinyasa Yoga teacher trainer in the 200 hr. teacher training at De Nieuwe Yoga school, Amsterdam.

He is also co-creator of Pranalovers and The Pranalovers Vinyasa Expert 300 hr. advanced teacher training.

Simon offers weekly classes at two of the premium yoga studios in Netherlands, De Nieuwe Yoga School and Yoga Moves.

### Background

Simon's yoga journey began as a child , in a family where yoga and meditation was practiced. In the 90's he began his studies of yoga and meditation. He completed his first teacher trainings in kundalini and vinyasa yoga, then started teaching in 2009. His passion is energetic, (prana) vinyasa yoga and he has received more than 500 hours of Prana Vinyasa™ teacher training as taught by Shiva Rea, based in Los Angeles. Simon brings the sequencing and rhythm from his dance background into his dynamic classes. He brings joyful attention to the energetic and breathwork in each class.

As a lover of life, nature and the spirit of freedom, Simon continues travelling around the world studying as well as teaching masterclasses,workshops and retreats.

- [www.pranalovers.com](http://www.pranalovers.com)

- fbook - Yoga Simon

