

trainings with nikki costello

I, Nikki Costello, Certified Iyengar Yoga Teacher (CIYT), confirm that Sasha Nelson has completed the following trainings with me:

The Mentor Practice | Jan-May 2018

The Mentor Practice with Nikki Costello & Lara Warren | September-November 2017

The Enrichment Practice 50 Hour Training | November 2016

The Teacher's Practice | weekly Iyengar classes for teachers | 2016-Present

Signature:



Date:

10/10/2018

about nikki costello

Nikki Costello is a Certified Iyengar Yoga Teacher (CIYT) and a Certified Yoga Therapist (C-IAYT). For 25 years, her teaching has been influenced by annual trips to India including eight visits to RIMYI (Ramamani Iyengar Memorial Yoga Institute in Pune), the study of philosophical and scriptural texts and a daily practice of meditation. In 2013, Nikki was a contributing editor at Yoga Journal, writing the magazine's "Basics Column" and in 2016 she was named one of the 100 Most Influential Yoga Teachers in America. Nikki is recognized as a thought leader in the global yoga community and shares her wisdom and expertise in yoga and meditation retreats around the world. When at home in Williamsburg, Brooklyn, she teaches public classes at Kula Yoga and The Iyengar Institute of New York and Brooklyn and maintains a well-established private practice in New York City guiding individuals on all levels of their health and well-being.