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Yoga Instruction at Barn on the Pond

ALICIA MIKLES

Alicia Mikles completed her teacher training in 2006 at Bliss Yoga in Woodstock NY, a studio in the Jivamukti lineage. She has been teaching in the Hudson Valley in yoga studios and privately since that time. In addition to yoga she has studied Martha Graham dance, tai chi, Shotokan karate, classical Russian ballet, the Suzuki method, guerrilla street theater, and performance art. Her teaching has been augmented with further trainings with renowned yoga teachers, notably "The Art of Yoga Sequencing" with Rodney Yee and Colleen Saidman Yee at The Omega Institute. She is continually inspired by her students and by the teachings of B.K.S. Iyengar, Mark Whitwell, Sharon Gannon and David Life, Rodney Yee, Collen Saidman Yee, Glenn Black, Aadil Palkhivala, and Gurmukh Kaur Khalsa.



Alicia believes in attention to breath and mindfulness in yoga practice. She offers students a compassionate environment in which to move into their deepest connection with the practices of yoga. If you would like to book a private session with Alicia, please email her at aliciamikles@gmail.com or call 845-332-5519.