
FRANCIS TABIN

[TURBODOG](#) | HATHA | STRENGTH | ALL LEVELS
200 HOUR | YOGA ALLIANCE QUALIFIED TEACHER
francistabin@gmail.com | www.morethandreaming.com

I believe that our bodies have the innate ability to heal, improve, and develop. And that thru a skillful practice, the connection can be strengthened between energy, body and intention to harness those abilities. I strongly believe that the practice changes for each individual, and have particularly specialized in adjustments and modifications for physiques with more mass (fat or muscle).

I teach with a purposeful approach, in which everything done in the practice has a purpose and is directed to fulfill an intention, but without sacrificing fun and still maintaining a calm and supportive air. My teaching is a mindful mix of logic from engineering, anatomy and physiology from nursing, biomechanics from personal training, rhythm and performance from music, and composition from creative arts.



TRAINING

1 Month [Partner Acrobatics](#)
Teacher Training,
Thailand, 2014

200 Hour [Turbodog Yoga](#)
Teacher Training with Steve
Emmerman and Talya Ring,
Chicago, 2013

Single Day Yoga and
Anatomy Workshops with
Rich Logan,
Chicago, 2013-2014

Single Day Yoga Anatomy
Workshop with Kim Griff,
Chicago, 2013

Personal Training Certification
Program with ACT,
Chicago, 2012

TEACHING EXPERIENCE

2013-2014 Turbodog Yoga, Chicago, Illinois, USA
Taught Level 1 and Level 2 classes. Helped modify and adjust poses and methodologies to keep with modern anatomical science and biomechanics.

2014 Blue Sky Studio, Libertyville, IL, USA
Taught Strength and Flex Yoga: combination of different yoga styles catering to cross trainees and strength trainers. Helped newly opened studio to market to crossfit studios, gyms and pilates studios.

2014 Rumpuree Dance Studio, Bangkok Thailand
Co-taught acroyoga workshop teaching transitions and flows.

2012- 2013 Urban Lotus, Chicago, Illinois, USA
Substitute teacher for regular weekly acroyoga class.

KENDRA CHARTS

HATHA ~ AYURVEDA ~ ACROYOGA ~ SLACKLINE YOGA ~ ALL LEVELS
200 HOUR ~ YOGA ALLIANCE QUALIFIED TEACHER ~ YOGASLACKER
kendracharts@gmail.com ~ www.morethandreaming.com

Yoga has been a part of my life as long as I can remember. My Mom first taught me the poses when I was a child. Growing up on three different Indian Reservations in the Southwest I was taught at a young age the sacredness of nature and ceremony. My teaching style is inspired by my experiences all over the world of adventure, transformation, relationships, and nature. Students can expect an alignment based practice of playfulness, curiosity, strength and self-awareness. I believe each student is unique in their life experience and in their bodies and strive to provide a safe and welcoming personalized approach that is understandable and attainable for their needs. Yoga is a lifestyle for me and though my practices of Yoga, AcroYoga, Ayurveda and Slackline Yoga continuously change and evolve at the root I believe that through Yoga its possible to confront fear, suffering and disconnection in ourselves, with each other and the world around us with confidence, healing and connection. I am grateful to my teachers for constantly challenging and believing in me including: Jason and Chelsey Magness, Niko Douwes, Steve and Talya Emmerman and Sarah Starnes.



TRAINING

One Month Partner Acrobatics Teacher Training, Thailand, 2015
www.partneracrobatics.com

One Week Anatomy, Injuries and Nutrition training with Steve Emmerman, Talya Ring, Ellen Heed and Robert Boustany, United States, 2014
www.turbodogyoga.com

One Year Ayurveda Educator training at Kanyamkumari Ayurveda and Yoga Wellness Center, United States, 2012
<http://www.kanyakumari.us/>

Five Day From the Ground Up Anatomy Training with Tias Little, United States, 2011
www.prajnayoga.net

Ten Day YogaSlackers Training, United States, 2011
www.yogaslackers.com

200 Yoga Alliance Vinyasa Teacher Training, United States, 2010
<http://silviamordini.com/>

Bachelor of Interdisciplinary Studies in Business and Mass Communications, United States, 2001
www.asu.edu

TEACHING EXPERIENCE

2011-Present, YogaSlackers Teacher, Worldwide
Perform and teach Slackline Yoga and AcroYoga at Yoga studios, Yoga teacher trainings and festivals worldwide including: Hanuman Festival, Midwest Yoga Conference, Wanderlust Whistler, Wanderlust in the City-Chicago and Bhaktifest. Also, pioneered first-ever Slackline Yoga class for college credit within community colleges in the United States at College of Lake County.

2010- Present, Yoga Teacher, Worldwide
Create and lead Fierce Grace: A New Year's Yoga Retreat annually with 20+ attendees. Served as part-time faculty for Yoga at the College of Lake County. Experience teaching classes and workshops in Yoga studios and corporations in the United States. Contribute articles regularly to popular Yoga related blogs including YogiTimes and DoYouYoga

2012-2014, Certified Ayurveda Educator, United States

Provided private clients with lifestyle and diet plans for reducing stress and increasing health. Offered workshops for Yoga Teacher Trainings, athletes and Yoga students including: Intro to Ayurveda and Living In Tune With Nature

2002-2014, Community College Administrator, United States

Have over 10+ years' experience in student leadership, grant writing, strategic planning facilitation, budget and staff management, event planning, workforce development and business partnerships at Phoenix College and College of Lake County.