



Sandy's Classes

Sramani Sandy Soto teaches a flowing, moving meditation that builds a fire deep in the core and melts into relaxation, revitalization, and deeper self-awareness. She encourages her students to tune into themselves, listen to their internal wisdom, and practice their own personal yoga. Sandy mixes into her classes a bit of personal wisdom, music, mantras, philosophy, meditation, self-inquiry, and conscious living.

Bio

A lifelong soul scientist, Sramani Sandy Soto is following her deepest calling to explore inner space, and share with others the wisdom she has gathered along the way through the practice of yoga. She is an advocate of wellness and health freedom, spreading the word on natural healing and the right to choose it.

Sandy received her 200-hour yoga certification from Laughing Lotus in 2006, and Core Strength Vinyasa certification from Sadie Nardini in 2009. She has also studied various forms of meditation, energy healing, and Vastu Shastra.

Teaching Experience

- 2007-Present Open-Level Core Strength Vinyasa – Yoga Casa home studio, NJ
@Work Corporate Yoga & Meditation - Imc2, NY
Seven Spiritual Laws of Yoga, and Guided Meditation (Sub teacher) - Chopra Center, NY
Private & Semi-private Clients - Northern NJ
- 2007, 2008 Namaste! Absolute Beginner Vinyasa Yoga – Yoga Casa home studio, NJ
The Yoga of Attraction: Harnessing the power of the Universe to create the life you desire
- 2007 Luna Flow – weekly, open-level Vinyasa Yoga - Gala Pilates, Hoboken, NJ
Community Classes - Laughing Lotus Yoga Center, NY
- 2006 Prosperity & Abundance for the New Year
Sensational Meditations for Children

Certifications & Related Training

- 2009 Core Strength Vinyasa Teacher Certification with Sadie Nardini
- 2008 Usui Reiki I and II
Vastu Basics with Robin & Michael Mastro - American Institute of Vastu
Intelligent Sequencing with Annie Carpenter - Teleclass
Corporate Yoga Teacher Training with Tevis Gale - Balance Integration
- 2006 200-Hour Yoga Alliance National Teacher Certification - Laughing Lotus Yoga Center
Child Meditation Facilitator Certification - Satya Method Resource Center
- 2004 Landmark Forum / Forum in Action - Landmark Education
Insight Meditation (Vipassana, Meta Bhavana, Walking, Mindfulness) – NY Insight
- 1980 The Silva Mind Method (Meditation, Visualization, Distance Healing)