

Yantra Yoga teachers who graduated 2024-2026

1st Level

Supervised in Merigar West

Vicki Nan Sidley
Zoe Lucia Lüthi
Ioan Ciobanu
Denis Smaniotto
Logan Mikyö Clark
Anita Selvarangan
Letizia Pizzetti
Michele Corrado
Olaya Martínez Plasencia
Tao Ciappara
Alessandra Fornero
Taran Ionela
Gina Bryne
Cristina Cornudella
Natalia Priymak
Vanzo Giuseppe
Roberto Tellinai
Margaux Tsin
Alessandro Di Maio
Carlotta Noca
Alberto Pellizzoni
Ante Samodol
Angelica Siedlecki
Martina Bigazzi

Supervised in Dzamling Gar

Ekaterina Valeeva-Farrington
Marija Bajic-Jovanovic
Adrian Bivol
Andrey Vasilev
Tatsiana Rusetskaya
Artem Vernyi

Supervised in Kunsangar North

Andrey Golovchanov
Vyacheslav Umpelev

Sergey Petrosyan
Natalia Nikolenko

2nd Level

Supervised in Kunsangar North

Kirill Mironov
Sergey Istomin
Elena Pakhno
Irina Novikova
Larisa Lisichkina
Evgeniya Lankevich

Supervised in China:

Sean Read

Supervised in Merigar West

Piero Abbondati
Martina Bigazzi
Gina Bryne
Chiara Carraro
Ioan Ciobanu
Michele Corrado
Raquel Diaz
Oana Marcu
Alberto Pellizoni
Letizia Pizzetti
Alessandra Policreti
Dina Pryimak
Denis Smaniotto
Riccardo Vrech

Competences

1st Level

- The 1st level Instructors are authorized to teach only in their country of residence and should ask for a specific authorization from the Teachers to teach in other countries.
- Teach basic courses:
 1. Module 1: loosening exercises, the 9 breathings for the elimination of stale air, the two preliminary series of Tsigjong and Lungsang and Vajra Wave;
 2. Module 2: in depth practice of module 1, the Tsadul (with relevant pranayama) and the first series of Yantras.

3. Module 3: in depth practice of modules 1 and 2, second series of Yantras and rhythmic breathing (without Kumbhaka for the General Public).
- Teach advanced courses (only if they have received a specific authorization from the main Teachers). These courses include the follow up and development of the practices learned during the Basic Course and the third, fourth and fifth series of Yantras.
 1. Module 4: the third series of Yantras without the bebs.
 2. Module 5: the fourth series of Yantras without the bebs.
 3. Module 6: the fifth series of Yantras

2nd Level

- The 2nd level instructors are authorized to teach wherever they are invited to give courses.
- Teach basic courses (Modules 1-2-3)
- Teach advanced courses (Modules 1-2-3 in general public courses and Modules 4-5-6 in courses for practitioners)
- Teach other courses (only if they attended the appropriate Trainings and obtained relevant authorizations)

3rd Level

- The 3rd level instructors are authorized to teach wherever they are invited to give courses including Teacher Training courses.
- Teach basic courses (Modules 1-2-3)
- Teach advanced courses (Modules 4-5-6 in general public courses and Modules 4-5-6-7 in courses for practitioners)

2nd and 3rd level instructors are also authorized to give courses on Kumbhaka and 7th of the Seven Lojongs after having attended relevant courses and received specific authorization.

Other courses: Yantra Yoga and Meditation, Yantra Yoga and Tibetan Medicine, Yantra Yoga and Kunye, Yantra Yoga light (for people with physical constraints), Courses of Kumar Kumari Yantra Yoga for children, Pregnancy Yoga, Yoga holidays, Teacher training Eight Movements (At the moment taught only by teachers), First level supervision course (open except the last session)

For the complete list of Yantra Yoga teachers and more details please visit:

<https://www.atiyogafoundation.org/en/teachers-yy-en>

News about courses, supervisions, teacher training, the Khaita Educational Program, and updates on the new graduates of the VD, YY, and Khaita teacher training programs are regularly published on [News from the IG](#) under 'Important Updates'.