

Danni Pomplun
YOGA

{A Media Kit} YOGI MISFIT STYLE



Danni Pomplun

Devotional Warrior – Yogi Misfit

Yoga is a metaphor for life. That said, I think yoga should be fun. I'm not saying it won't be challenging or encourage you to test and expand your limits, but yoga is about your own personal journey, and I don't know about you, but I want my journey to be a freaking fun one.

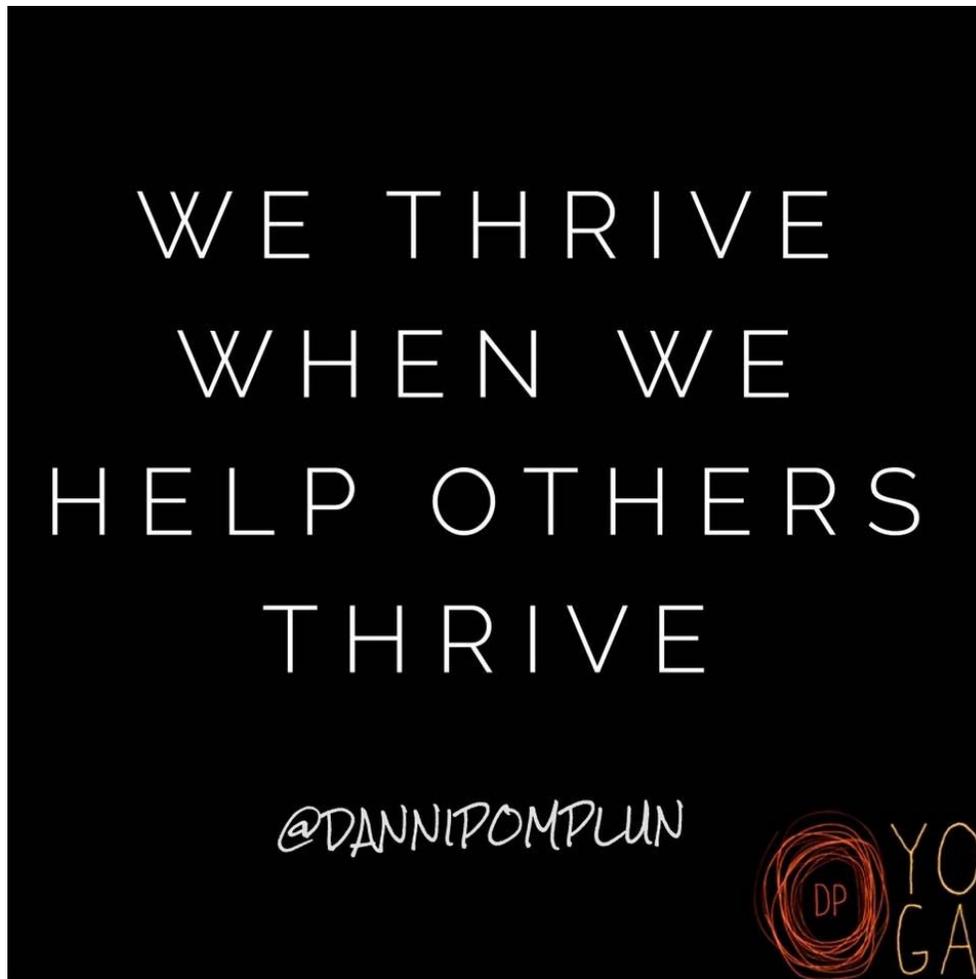
I am a 500-hr Registered Yoga Instructor, teacher trainer and a member of the training faculty at Yoga Tree in San Francisco. I lead popular workshops and immersions across the country as well. No matter where I go the thread of community remains - I keep in touch with my students with practices and inspiration they can receive anywhere.

We all have our own stories on and off the mat. Mine has some twists and turns through a tough childhood and young adult years blurred by frustration, drugs, alcohol, and a near-death brush with cancer, and I credit yoga with helping me to become healthy and opening my eyes to a world of positive opportunities. I'm truly grateful to now be able to share what I've learned with others, whether it's on the mat in my home base of San Francisco, in another location or through online yoga. My students resonate with my functional, down-to-earth approach and my ability to combine the mentally restorative aspects of yoga with the functional physical work that it entails. I am grateful to work alongside my teachers and mentors Jason Crandell & Darren Main, who have helped influence my teaching style.

I look forward to sharing my passion for yoga with you and helping you find its place in your story.



Let's Practice - Workshops, Immersions, Festivals, etc.



Sample Events:

Find the Fun, Fight the Fear: An Inversion Experience (2 Hour Workshop)

Face your fears, and learn proper alignment to fly. Let yourself go in this workshop that is guaranteed to get the core working and the adrenaline pumping. After a warm up practice, the class will break down the basics of handstand and crow -- the major gateways to an inversion practice. After a solid exploration of these shapes, there will be time to explore other arm balances, inversions, and flows. We will also cover strategies for understanding and overcoming fear. This class will challenge your resolve and allow you to more fully explore the amazing possibilities in your practice.



Journey to Hanuman, Everyday Hero (2 Hour Workshop)

Ever heard the story of Hanuman? He's one devoted dude... Actually monkey-dude. The story itself has some pretty great lessons, they translate into most things nowadays. The posture does the same. It teaches us to be humble, to be still, to listen to our truest self. If it wasn't for Hanuman's devotion and love for Rama, Rama's brother would have died and his girl would have never been saved. Think about it... If it wasn't for our devotion to practice for ourselves and our love, I think a piece of us would also die and get taken away. Ready for your leap?

Baby Got Backbends (2 Hour Workshop)

Oh. My. God... Becky... look at her BACKBEND. Back bending can be some of the most challenging variety of postures in our asana practice. In this workshop, we will focus on learning how to overcome limitations by freeing up the front of the body, thus enabling more flexibility in the spine to safely backbend. We will discover what limits us in our back bends and learn to move beyond physical, emotional, and mental obstacles to create free-flowing movement in these postures. Unh.

Taught at: Yoga Tree (SF), Ocean Yoga (SF), House of Yoga (San Diego), Thrive Santa Fe, Yoga on the Lake (Kohler, WI), Inner Fire Yoga (Madison), Vibe (Bloomington), Body Mind + Core (Indy, IN), Zen Yoga Garage (Chicago), Festival of Yoga San Diego, Detroit Yoga Lab, Pure Yoga (New York) + more to be announced soon!



Danni Pomplun Teaching a Master Class at Festival of Yoga San Diego, June 2017



Media (online classes, podcast, articles + more)

{Practice Online --- Videos for the Yogi on the Go at DanniPomplun.com}
LAUNCHING SOON!

A screenshot of the Danni Pomplun website. The top navigation bar is orange with 'namastream.' on the left, 'Login' and 'Create Account' buttons on the right. Below is a white header with the 'DP YOGA' logo and 'Home', 'Shop', 'About' links. The main content area features a large image of a yoga class with the text 'Free 7 Day Challenge' overlaid. At the bottom, there are links for 'About This Product', 'Included Content', and a 'Register' button.

In addition to streaming classes the site has unique courses to help you deepen your study of yoga - for students and teachers!

{Danni Pomplun --- A Featured Teacher on MyYogaWorks.com}
Get Free 30 Day Trial to Preview with code "DANNI"



START YOUR FREE TRIAL

A screenshot of the MyYogaWorks website. The background is a blurred image of people practicing yoga outdoors. The main text reads 'Premium Online Yoga - Start Your Free Trial'. Below this, a smaller line of text says 'Get your all-access pass to 1,000+ premium online yoga classes led by top teachers for just \$15/month. Start your 14-day FREE trial today!'. At the bottom, there is a black button with the text 'START YOUR FREE TRIAL'.

Danni Pomplun is a featured teacher on MyYogaWorks - the online yoga platform with videos from Yoga Works teachers.



{PODCAST}

Each month you can stream a new episode of my latest Podcast in The Yogi Misfit Sessions via iTunes, or straight from my [website](#). In this episode my guest is global Teacher + Trainer Extraordinaire Pete Guinosso. We chat about keeping up with trends of yoga. Listen in and enjoy.

(Stream Episode 10 with Pete Guinosso: dannipomplun.com/2017/01/19/yogi-misfit-sessions-s10-pete-guinosso/)

{Audio Classes with Danni on MoveWith.com}

Stream Classes with Danni for 30 Days Free at

<https://www.movewith.com/audiofitness/dannipomplun>

MOVEWITH NOW

	YOGA Full Body Flow 15 MIN LOW INTENSITY	▶ Listen
	YOGA All About Shoulders Vinyasa 21 MIN MODERATE INTENSITY	▶ Listen
	YOGA Happy Shoulders, Happy Hips Vinyasa Flow 39 MIN MODERATE INTENSITY	▶ Listen

Danni's students resonate with his functional, but down-to-earth approach and ability to combine the mentally restorative aspects of yoga with the functional physical work that it entails. Stream at <https://www.movewith.com/dannipomplun>.



Danni has a great soothing voice. Easy to follow instructions. Paced perfectly.

-Keiko T.



"GREAT CONSISTENT GUIDANCE ON BREATHING. GREAT WAY TO HAVE SOMEONE LEAD YOU ON SALUTATIONS. THANKS!"

-MARGOT L.



{MINI BLOG}

In the last few days I have been reflecting on my path and journey with yoga. I've been able to experience some really cool things, traveled for retreats, learned how other communities grow, and taught my passion to those in different cities. When I go deeper into these thoughts, I am reminded how much community can uplift. I remember that there were times when I wasn't shining as brightly as I am now. I know not all days are going to be sunny skies but as they say, "I get by with a little help from my friends." My yoga community is it. They're my freaks and geeks, my band nerds, my odd men out, my favorite human connections. See you on the mat. Much love and good vibes.



Ambassador + Fundraiser:
(Lululemon, Manduka, One Love Movement)

One of San Francisco's Top Teachers
(movewith.com, Spark 25)

Author + Contributor:
SF Yoga Magazine, MoveWith.com



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