

## J. Robin Moon



J. Robin Moon, DPH, MPH, MIA, is a registered yoga teacher (RYT) at Kula Yoga Project and Unity Yoga in Manhattan, practicing yoga in Iyengar, Ashtanga and Vinyasa traditions. She is also a social epidemiologist with an expertise in cardiovascular disease research, prevention programs and policy development. Robin is Senior Director of System Integration at Bronx Partners for Healthy Communities (BPHC), SBH's DSRIP program, and has taught weekly yoga classes for the BPHC team. Robin is devoted to bringing mind-body connection in her

personal life as well as her professional work, and is pleased to share her yoga practice as a meditation to the SBH community.

*“Yoga is so much more than the poses that we do. It is a process of understanding and respecting yourself and those around you. It is the cultivation of humility and generosity. Ultimately, it is about openness and exploration.” Dr. J. Robin Moon*



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### About Vinyasa Flow Yoga and Meditation

My Vinyasa yoga and meditation practice integrates the breath-based flow of Ashtanga and the precision of Iyengar into a deep and transformative mind-body experience. For my teaching, I strive to include the perfect alchemy of precise physical instruction, intelligence, intention, and space for my students.

Yoga is absolutely what keeps me injury-free in my perennial marathon training, by keeping me strong and flexible all at once. But more importantly, in our strive for health, peace, contentment and unity, we need a practice to keep us grounded and focused on our goals yet also flexible to the different rhythms of life. When we allow that practice to become our art, and plant the right intention, we become a moving prayer. Riding the balance between the wavy rhythm of vinyasa and holding the postures, through an intelligent sequencing with emphasis on alignment, core integration and groovy music (YES there will always be music!).