

*Carl Horowitz is a New York City yoga teacher who is most interested in revealing effective ways for individuals to personalize their practice. His work is influenced by the teaching of T. Krishnamacharya and his son T. K. V. Desikachar. It is based on the principle that there is an appropriate yoga practice for everyone and, in order to achieve the best results, this practice must be adapted continually to suit the individual's changing needs.*

*Carl performed for Ringling Brothers and Barnum and Bailey Circus for two years and has a wealth of knowledge on how to access the full potential of your body's ability to move. In his work he also draws on his knowledge of anatomy, movement theory and therapeutic applications of movement.*

*Teaching All aspects of Hatha Yoga, Pranayama, Foundational Yoga Texts, as well as Hands on teaching methods, adjustments, etc.*

*With 30 year teaching experience and expertise in Teacher training Program design and implementation. Both yoga students and teachers will benefit from broad range, yet profound knowledge.*

