

YOGA FOR BLISS

Priya Arora Rogers R.Y.T.
725 S. Meyler
San Pedro, Ca 90731

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Tel: (310) 831-0053
Cell: 310-422-3221

Certified in Ananda Hatha Yoga and registered with the Yoga Alliance.
Over 10 years experience in several disciplines of yoga; Speaks fluent Hindi and English,
Certifications with CPR/AED/First Aid (current); Good communication skills and a team
player; previously restaurant owner (1995-2002);
Retail Store Department Manager (Broadway 1992-1994)

Special Training & Skills:

Ananda Hatha Yoga; Yoga for beginners, Yoga for Seniors (Chair yoga);
Yoga for special needs; Yoga for kids; Meditation; Restorative; Slow Flow;

Interests:

Meditation, Indian Dance, Indian Cooking; Parkinson's Support Group Volunteer,
San Pedro Hospital

Employment:

YMCA-San Pedro and Torrance
Fort MacArthur Air Force Base-San Pedro
Private Instruction
South End Fitness-Torrance
Harbor Health Day Spa and Chiropractic
Personal Best
San Pedro Little Company of Mary Hospital

References:

Lory L. (310)325-5885
Liz (310)832-4211