

Katarina Wittkamp

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EXPERIENCE

Katarina Yoga, Canada — *Teacher, Mentor, Retreat Leader & Founder*

Yoga Teacher Mentorship 2022 - Present

Mentoring yoga teachers to support their professional development and career. Services cover workshop design, sequencing, relationship management, practice teaching, voice, series development, classroom management, use of props, hands-on assists, marketing, finance management, networking and more.

Online Yoga Membership August 2020 - Present

Founded a thriving online yoga platform with a consistent member base of 30+ students. Designing monthly curriculum of classes with varying focus on elements of functional anatomy, yoga philosophy and mindfulness techniques. Teaching style is anatomy-informed, trauma-aware, inclusive and highly accessible to different levels of ability.

Teacher Training and Course Lecturer 2017 - Present

Offering continuing education courses for yoga teachers centering on Yoga Postures, Practice Teaching, Functional Anatomy and Asana, Yamas and Niyamas, Pranayama, The Four Paths and Eight Limbs of Yoga

Retreat Leader 2015 - Present

Led 12+ local and international yoga retreats varying in length from 1 to 7-days. Themes of retreats varied from Mindfulness studies, Self-Compassion, Slowing Down/Restorative Yoga and Celebrating Summer. Cultivated a consistent dedicated group of retreat attendees for regular attendance of up to 40 students.

Modo Yoga International, Canada — *Teacher Trainer, Facilitator and Mentor*

Posture Workshop Lecturer and Faculty Member October 2022 - Present

Led Posture Workshop series (15+ hours of lecture material) for 200Hr teacher trainees with an emphasis on functional anatomy and functional movement for the development of a lifelong practice. Supported teacher training as faculty, navigating daily challenges and building meaningful relationships with trainees.

Teacher Training Facilitator 2020-2022

Facilitated online teacher trainings for Modo Yoga International's Level 1 200HR Yoga Teacher Training in Hot Hatha Yoga. Taught group classes and facilitated study group sessions for online training cohorts.

Yoga Teacher Mentor June 2016 - 2022

Virtually mentoring an annually rotating group of trainees to support their graduation from Modo TTC.

Modo Yoga Studios, across Canada, U.S.A & Australia — *Yoga Teacher & Workshop Facilitator*

August 2011 - Present

Lead thoughtful Hatha, Yin, Restorative, Vinyasa and Power Vinyasa classes with a high level of attentiveness to students' needs. Classes incorporate elements of mindfulness, functional movement, traditional yoga asana, pranayama, meditation and mantra plus a healthy dose of humour.

Sivananda Yoga School of Vedanta, Kerala, India; California, U.S.A and Dalat, Vietnam — Staff & Teacher Training Staff

February 2017 - December 2017

Assisted in yoga teacher trainings where I supported group asana classes, taught daily workshops and provided personal feedback on trainees' practice teaching. Lived in Sangha while being immersed in traditional yogic lifestyle and practices, exploring Advaita Vedanta philosophy and additional courses such as the Yoga of Recovery, Vedic Astrology, Pranayama Intensive, Kids Yoga, Yoga Nidra, Chair Yoga and Beginners' Courses.

EDUCATION

Yoga Anatomy (20HR) with Jason Crandell, Online

2023-Present

Studied a comprehensive approach to functional anatomy through the lens of yoga asana.

Unfolding the Lotus with Bess and Tahl of Creature Yoga (50HR), Online

2022

Completed 50 hours of study in the art of creative and intelligent vinyasa yoga sequencing.

Yoga Injury Management (20HR) with Jason Crandell, Online

2021-2022

Learned to manage common injuries for students when teaching yoga.

The Art of Yoga Sequencing (14HR) with Jason Crandell, Online

2021

Studied Jason's template for designing vinyasa yoga sequences loosely based off of the ashtanga yoga method.

Mindful Strength Teachers' Immersion (50HR) with Kathryn Bruni-Young, Online

March - July 2020

Completed studies in Pain Science, Biomechanics, Strength Training, Anti-Oppression and Accessibility.

Thai Yoga Massage Therapy (80HR) with Navina, Osa Peninsula, Costa Rica

January 2019

Learned foundational knowledge in functional anatomy and application of Thai Yoga Massage techniques.

The Yoga of Recovery (50HR), California, U.S.A

August 2017

Studied the intersection of yoga philosophy, 12-step recovery and Ayurvedic principles with Durga Leela at the Sivananda Yoga Ashram.

Sivananda Yoga Teacher Training (200HR) , Kerala, India

January 2017 - February 2017

Completed one-month (200HR) intensive training led by Swami Sitaramananda in the study of the synthesis of the traditional four paths of yoga: Raja Yoga, Karma Yoga, Bhakti Yoga and Jnana Yoga.

Reiki Teacher Training (5 Years) with Martin Stock and Lady Samantha, Toronto and Vancouver, Canada

2012 - 2016

Completed Reiki level 1-3 with Lady Samantha at the Rock Store in Toronto. Continued on to receive certification as a Gendai Reiki Teacher from Martin Stock in Vancouver.

Advanced Yoga Teacher Training Intensive (40HR) with Natalie Rousseau, B.C., Canada

June 2016

Completed 5-day training with Natalie Rousseau in the art of designing and leading exceptional yoga classes.

Modo Fit Training (40HR) with Julia Cowan and Eric Mathias, B.C., Canada

Feb 2016

Completed 5-day training intensive in strength-based fitness class using resistance bands and bars for yoga studio audience.

Baron Baptiste Power Yoga Level 1 (100HR) with Baron Baptiste, New York, U.S.A.

August 2013

Completed 1-week program led by Baron Baptiste in the Baron Baptiste Methodology with a special focus on personal development, self-inquiry and exploration of full self-expression.

Mindfulness-Based Yoga Teacher Training (80HR) with Frank Jude Boccio, B.C., Canada

June 2012 - Jan 2013

Completed one-week training + 6 months correspondence work in the study and practice of the intersection between mindfulness-based meditation and yoga.

Yin Yoga Teacher Training (50HR) with Mark Laham, Ontario, Canada

April 2012

Completed a 40HR training on the fundamentals of teaching, sequencing and practicing Yin Yoga.

Modo Yoga Teacher Training (500HR), B.C., Canada

June 2011 - June 2012

Completed a 1-month intensive & 11-months correspondence training in teaching a heated, set-series, Hatha Yoga style practice.

Smith School of Business, Queen's University, Ontario, Canada — *Bachelor of Commerce*

September 2007 - April 2011

Graduated from a competitive undergraduate business program where I specialized in International Business and Marketing. Also heavily involved in student-run clubs supporting new students and non-profit organizations.

Partook in a one year exchange at EDHEC University in Nice, France.

SKILLS AND INTERESTS

Cooking. Gardening & composting. Hiking. Singing & ukulele. Travel. Learning languages. Animals of all kind.

LGBTQ community.

LANGUAGES

English and French (fluent).