

MIRANDA RATNER

Yoga Instructor ERYT-500

mirandaratner.com

@mirandaratnerheart

Los Angeles, CA, USA

Styles of Yoga: Hatha Vinyasa Flow, Power Yoga, Restorative Yoga, Yoga Stretch, Chair Yoga for Limited Mobility, Alignment Focused Yoga, Kundalini Kriya Yoga, Gentle Yoga, Yin Yoga.

Education

Pratt Institute, Master of Fine Arts emphasis in Painting/Drawing, Honor's Recognition, Brooklyn, NY. May 2023.

California College of Arts, Bachelor of Fine Arts in Painting/Drawing, High Distinction, June 2018.
Hampshire College, Amherst, Mass., Fine Arts Major 2013 – 2015.

Los Angeles County High School for the Arts – Visual Arts major, Graduated 2013.
Academic Honor Roll 2009 – 2013.

Certifications

- **100-Hour Chair Yoga and Mobility Teacher Training**, Certified, Sacred Mountain Yoga, Online, April 2021.
 - studied with Natalie Marnica
- **200-Hour Chit Ananda Anusara Yoga Teacher Training**, Certified, Still Yoga, Los Angeles, CA, April 2019.
 - Studied with Keric Morinagga, Samantha Feinerman, Grace Lapidario, and E.J. Merlin.
- **200-Hour Hatha/Vinyasa Yoga Teacher Training and Deep Studies Program**, Certified, Square One Yoga, Oakland, CA, May 2018.
 - Studied with Katy Cryer, Jennifer Meek, Suzannah Neufeld, Kristyn Demko Marshman, Mary Beth Ray, Broderick Rodell, Kendra Diaz Ford, Melissa Felsenstein, Eden Tosch, Deborah Burkman, Jeremy Marshman.
- Adult and Pediatric First Aid/CPR/AED, American Red Cross, Baltimore, MD. December 2023.
- 200-Hour Kundalini Yoga Teacher Training Online, Kundalini Yoga Ashram Rishikesh, India. November 2024-In Progress.

Yoga Teaching

- Yoga Instructor, Green Heart Yoga, Pasadena, CA. Present.
- Yoga Instructor (substitute), Yoga House, Pasadena, CA. Present.
- Yoga Instructor, Jewish Community Center of Greater Baltimore MD. 2023- 2024.
- Yoga Instructor, Movement Climbing Gyms, Baltimore MD. 2023- 2024.
- Private Yoga Instructor, Self-employed Full-Time Online, 2020-*Present*
- Yoga Instructor (guest teacher), Bikram Yoga Kona, Kailua-Kona, Big Island, HI, July 2021 & 2022.
- Yoga Instructor, Endeavor Health and Fitness, Los Angeles, CA, 2020–2021.
- Yoga Instructor, Wilshire Ebell Women’s Club, Los Angeles, CA, 2020–2021.
- Yoga + Fitness Instructor, MADRE LA Fitness + Wellness Studio, Los Angeles, CA, 2019-2021.
- Group Fitness Instructor (Yoga), YMCA of the Foothills, Los Angeles, CA, 2019- 2020.
- Yoga Instructor, Still Yoga Studio, Los Angeles, CA, 2018– 2020.
- Specialized Yoga Instructor, South Pasadena Middle School Girls Soccer Team, South Pasadena, CA. 2019– 2020.
- Assistant Yoga Instructor for Acupuncture Yoga Class, Center for Living Beauty Goddess Wellness Retreat, Malibu, CA, November, 2019.
- Yoga Instructor (guest teacher), Silverlake Yoga Studio, Los Angeles CA. September 2019.
- Yoga Instructor (guest teacher), Sampoorna Yoga Studio, Brussels, Belgium, Summer 2019.
- Yoga Instructor (YTT community Yoga class), Square One Yoga, Oakland, CA. May- August 2018.
- Yoga Instructor (substitute/guest teacher), Berkeley Ironworks, Touchstone Climbing, Berkeley, CA. October 2017.

Teaching Bio

Miranda is a lifelong Yogi, born into a family dedicated to the practice, and started at an early age just rolling around on a mat. She grew up in Silverlake, in Los Angeles, in the heart of the blooming west coast Yoga scene of the 90’s. Her love of Yoga continued throughout high school and college as it always felt like home to her, and grounded her in body-mind connectivity and earth-bound spirituality. She has been teaching Yoga professionally since 2017 and is now an RYT-500, accumulating certifications in three schools of Yoga: Hatha/Vinyasa, Anusara, and Chair Yoga for Limited Mobility. As a teacher she is committed to being a student and is passionate about expanding her Yogic tools and knowledge. Having fallen in love with so many styles of Yoga, Miranda informs each class with her diverse knowledge and experience. With a background in alignment based teaching and limited mobility, Miranda teaches a class that is accessible to all ages, all bodies, and prioritizes individualized, non-competitive growth and healing. She loves teaching Gentle Yoga, Yoga Stretch, Restorative Yoga, Kundalini, and the widely favored Hatha/Vinyasa flow and gives a unique approach to every class with beaming enthusiasm and attention. In her traditional Hatha classes Miranda prioritizes leaving her students feeling longer, stronger, and happier. Miranda is also a passionate painter, textile artist, and art teacher and interweaves her creative channeling in with her approach to teaching mind-body connectivity.