

# Daren Friesen

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## Yoga Education

<b>1996</b>	<b>Yoga Teacher Training   Suddha Wexler</b> Chicago Yoga Center, Chicago, IL Hatha Yoga   Style/School: Hatha Yoga  200hr Teacher Training - March 1996	200 hrs
<b>1997</b>	<b>Advanced Yoga Teacher Training   Erich Schiffmann</b> Yoga Works, Los Angeles, CA Hatha Yoga   Style/School: Hatha Yoga  50hr Advanced Teacher Training Intensive - May 1997	50 hrs
<b>1997-2000</b>	<b>Astanga Yoga   K. Pattabhi Jois</b> Astanga Yoga Research Institute (AYRI) Mysore, Karnataka, South India Astanga Yoga   Style/School: Astanga/Vinyasa  Practice Retreat & Conference: 1997 – 2000 Dec 1997 – May 1998, Dec 1998 – March 1999, Dec 1999 – Jan 2000 Estimated Hours: 48 weeks x 18hrs/week	864 hrs
<b>2004-2006</b>	<b>Astanga Yoga   Sharath R. Jois</b> K.P. Jois Astanga Yoga Institute (KPJAYI) Mysore, Karnataka, South India Astanga Yoga   Style/School: Astanga/Vinyasa  Practice Retreat & Conference: 2004 – 2006 Dec 2004 – Jan 2005, Dec 2005 – Jan 2006 Estimated Hours: 16 weeks x 18hrs/week	288 hrs
<b>1997-2019</b>	<b>Classical Yoga   Dr. Shankaranarayana</b> Sadvidya Foundation & Bharati Yoga Dhamma Mysore, Karnataka, South India Classical Yoga   Style/School: Classical  Lectures & Conference: 1997 – 2000 Dec 1997 – May 1998, Dec 1998 – March 1999, Dec 1999 – Jan 2000 Estimated Hours: 48 weeks x 3hrs/week	144 hrs

1,546 hrs / page

***Classical Yoga | Dr. Shankaranarayana - continued***

Retreats: 2002 – 2019

Feb 2002, Feb 2010, Feb 2016, Feb 2019

Estimated Hours: 4 retreats x 50hrs/retreat

200 hrs

**1999-2019**

**Astanga Yoga | Lino Miele**

Kovalam Beach, Kerala, South India

Astanga Yoga | Style/School: Astanga/Vinyasa

Practice Retreat & Conference: 1999-2019

Jan 1999, Dec 2000 – Jan 2001, Dec 2002 – Jan 2003, Dec 2004 – Jan 2005, Jan 2007, Jan 2008, Dec 2008 – Jan 2009, Dec 2009 – Jan 2010, Dec 2010 – Jan 2011, Dec 2011 – Jan 2012, Dec 2013 – Jan 2014, Dec 2014 – Jan 2015, Dec 2015 – Jan 2016, Dec 2016 – Jan 2017, Dec 2017 – Jan 2018, Dec 2018 – Jan 2019

Estimated Hours: 116 weeks x 18hrs/week

2,088 hrs

Workshops in Chicago:

Nov 2001, Nov 2002, Sept 2003, April 2008, April 2010

Estimated Hours: 5 Workshops x 15hrs/each

75 hrs

**2005-2019**

**Astanga Yoga | Ajay Kumar**

Sthalam 8 Yoga Shala

Mysore, Karnataka, South India

Astanga Yoga | Style/School: Astanga/Vinyasa

Practice Retreat & Conference: 2004 – 2006

Feb 2005, Jan – Feb 2019

Estimated Hours: 12 weeks x 18hrs/week

216 hrs

**2001-2007**

**Shiva Rea | Prana Vinyasa Flow**

Moksha Yoga Center, Chicago, IL

Prana Vinyasa Flow | Style/School: Vinyasa Flow

Workshops: April 2001, April 2002, March 2003, April 2004, Feb 2005, Oct 2006

Estimated Hours: 6 Workshops x 15hrs/each

90 hrs

50hr Teacher Training Intensive - Nov 2007

50 hrs

**2002-2019**

**Forrest Yoga | Ana Forrest**

Moksha Yoga Center, Chicago, IL

Forrest Yoga | Style/School: Hatha

2,719 hrs / page

***Forrest Yoga | Ana Forrest - continued***

Workshops: Feb 2002, May 2002, Aug 2002, Feb 2003, May 2003, Aug 2003, Dec 2003, Feb 2004, May 2004, Aug 2004, April 2005, July 2005, Sept 2015, May 2019

Estimated Hours: 15 Workshops x 15hrs/each 225 hrs

200hr Teacher Training - August 2002 200 hrs

**2002-2019**

**Gary Kraftsow | Viniyoga**

Moksha Yoga Center, Chicago, IL

Viniyoga | Style/School: Astanga/Vinyasa Flow

Workshops: March 2002, Oct 2002, March 2003, Nov 2003, July 2007, April 2008, June 2009, June 2010, June 2011, May 2013, Jan 2016, Oct 2019

Estimated Hours: 12 Workshops x 15hrs/each 180 hrs

**2002-2014**

**Tias Little | Prajna Yoga**

Moksha Yoga Center, Chicago, IL

Hatha | Style/School: Hatha

Workshops: Dec 2002, Oct 2003, Nov 2004, Nov 2005, May 2006, Nov 2006, April 2007, April 2008, Nov 2008, March 2009, Nov 2009, March 2010, Nov 2010, Dec 2013, Dec 2014

Estimated Hours: 15 Workshops x 15hrs/each 225 hrs

**2002-2012**

**Andrey Lappa | Universal Yoga**

Moksha Yoga Center, Chicago, IL

Universal Yoga | Style/School: Astanga/Vinyasa

Workshops: Nov 2001, May 2002, Oct 2002, Feb 2003, April 2003, Nov 2003, Nov 2004, April 2005, Sept 2005, April 2006, Nov 2007, Oct 2012

Teacher Training Intensives: Oct 2002, April 2003, Nov 2003, Nov 2004

Estimated Hours: 12 workshops x 15hrs/event 180 hrs

200hr Teacher Training: January – March 2002

Location: Kiev, Ukraine 200 hrs

**2002-2015**

**Seane Corn | Vinyasa Flow**

Moksha Yoga Center, Chicago, IL

Vinyasa Flow | Style/School: Vinyasa Flow

1,210 hrs / page

***Seane Corn | Vinyasa Flow - continued***

Workshops: Oct 2002, March 2003, Oct 2003, Nov 2005, Nov 2005, June 2007, Aug 2009, Oct 2010, Oct 2012, March 2015

Estimated Hours: 10 Workshops x 15hrs/each 150 hrs

50hr Teacher Training Intensives

Oct 2010, Oct 2012, March 2015 150 hrs

**2002-2017**

**Leeann Carey | Planet Yoga**

Moksha Yoga Center, Chicago, IL

Restorative | Style/School: Restorative

Workshops: June 2002, Jan 2011, Nov 2011, Feb 2012, Feb 2013, March 2014, Oct 2015, Dec 2017, Nov 2017

Estimated Hours: 9 Workshops x 15hrs/each 185 hrs

**2002-2006**

**Duncan Wong | Yogic Arts**

Moksha Yoga Center, Chicago, IL

Yogic Arts / Jivamukti | Style/School: Vinyasa Flow

Workshops: July 2002, Nov 2002, March 2003, July 2003, Sept 2003  
Feb 2004, June 2004, June 2005, June 2006

Estimated Hours: 9 Workshops x 15hrs/each 135 hrs

50hr Teacher Training Intensives

Sept 2003, June 2004 100 hrs

**2002-2006**

**Kim Schwartz | Temple of Kriya Yoga**

Moksha Yoga Center, Chicago, IL

Kriya Yoga | Style/School: Hatha

Workshops: Aug 2001, Oct 2002, June 2003, July 2004, Oct 2004, May 2005, Sept 2006

Estimated Hours: 7 workshops x 15hrs/event 105 hrs

**2002**

**Dr. Aparna Bapat | Ayurveda**

Moksha Yoga Center, Chicago, IL

Ayurveda | Style/School: Ayurveda

Workshop: Oct 2001, March 2002

Estimated Hours: 1 workshops x 15hrs/event 15 hrs

**2002**

**Richard Miller | Restorative**

Moksha Yoga Center, Chicago, IL

iRest | Style/School: Restorative

***Richard Miller | Restorative - continued***

Workshop: March 2002

Estimated Hours: 1 workshops x 15hrs/event 15 hrs

**2002-2003**

**Lisa Clark | Body-Mind Centering**

Moksha Yoga Center, Chicago, IL

Body-Mind Centering | Style/School: Bonnie Bainbridge Cohen

Workshops: Nov 2001, Jan 2002, March 2002, Oct 2003

Estimated Hours: 4 workshops x 15hrs/event 60 hrs

**2002-2003**

**Kali Ray | Tri-Yoga**

Moksha Yoga Center, Chicago, IL

Tri-Yoga | Style/School: Vinyasa

Workshops: July 2003, Oct 2005

Estimated Hours: 2 workshops x 15hrs/event 30 hrs

**2004**

**Tim Miller | Astanga Yoga**

Moksha Yoga Center, Chicago, IL

Astanga Yoga | Style/School: Astanga Yoga

Workshops: July 2002

Estimated Hours: 1 workshops x 15hrs/event 15 hrs

Teacher Training in Tulum, Mexico

100hr Teacher Intensive - July 2004 100 hrs

**2004**

**Judith Hanson Lasater | Restorative**

Moksha Yoga Center, Chicago, IL

Restorative | Style/School: Restorative

Workshop: April 2004

Estimated Hours: 1 workshops x 15hrs/event 15 hrs

**2005**

**Dharma Mittra | Maha Sadhana**

Moksha Yoga Center, Chicago, IL

Hatha | Style/School: Hatha

Workshop: May 2005

Estimated Hours: 1 workshops x 15hrs/event 15 hrs

**2005**

**Eddie Modestini | Sthira Sukham Asanam**

Moksha Yoga Center, Chicago, IL

Hatha | Style/School: Hatha

250 hrs / page

***Eddie Modestini | Sthira Sukham Asanam - continued***

Workshop: Sept 2005, May 2005, Sept 2006, June 2009

Estimated Hours: 4 workshops x 15hrs/event 60 hrs

**2005-2017**

**Aadil Palkivala | Purna Yoga**

Moksha Yoga Center, Chicago, IL

Purna Yoga | Style/School: Alignment/Iyengar

Workshops: March 2005, Sept 2006, Sept 2007, Sept 2008, Sept 2010, Sept 2011, Sept 2012, Sept 2013, Sept 2014, May 2015, June 2016, June 2017

Estimated Hours: 12 Workshops x 15hrs/each 180 hrs

50hr Teacher Training Intensives 300 hrs

Sept 2007, Sept 2008, Sept 2009, Sept 2010, Sept 2012, May 2015

**2005-2006**

**Maty Ezraty | Astanga Yoga**

Moksha Yoga Center, Chicago, IL

Astanga Yoga | Style/School: Astanga/Vinyasa Flow

Workshops: May 2006, May 2009, July 2010

Estimated Hours: 3 Workshops x 15hrs/each 45 hrs

**2005-2006**

**Hala Khouri | Freedom Yoga**

Moksha Yoga Center, Chicago, IL

Freedom Yoga | Style/School: Vinyasa Flow

Workshops: March 2005, May 2006

Estimated Hours: 2 Workshops x 15hrs/each 30 hrs

**2007-2009**

**Matt Pesendian | Shadow Yoga**

Moksha Yoga Center, Chicago, IL

Shadow Yoga | Style/School: Hatha

Workshops: Oct 2007, May 2009, Sept 2011, April 2012

Estimated Hours: 4 Workshops x 15hrs/each 60 hrs

**2007**

**Dr. Robert Svoboda | Ayurveda**

Moksha Yoga Center, Chicago, IL

Ayurveda | Style/School: Ayurveda

Workshops: May 2007

Estimated Hours: 1 Workshops x 15hrs/each 15 hrs

<b>2007</b>	<b>Angela Farmer   Breathing Body</b> Moksha Yoga Center, Chicago, IL Hatha   Style/School: Hatha	
	Workshops: Nov 2007 Estimated Hours: 1 Workshops x 15hrs/each	15 hrs
<b>2011-2015</b>	<b>Bryan Kest   Power Yoga</b> Moksha Yoga Center, Chicago, IL Power Yoga   Style/School: Astanga/Vinyasa	
	Workshops: Aug 2011, March 2012, Sept 2013, July 2014, March 2015 Estimated Hours: 5 Workshops x 15hrs/each	75 hrs
<b>2012-2014</b>	<b>Maya Tiwari   Ayurveda</b> Moksha Yoga Center, Chicago, IL Ayurveda   Style/School: Ayurveda	
	Workshops: May 2012, Oct 2014 Estimated Hours: 2 Workshops x 15hrs/each	30 hrs

**This is only a partial list but includes the most influential teachers on my path.**  
**There is a total of over 7,300 hours from the year 2000 to the present.**

### **Teaching Experience**

1995-1998	Lakeshore Athletic Club, East Bank Club, Evanston Athletic Club
1997-1999	Chicago Yoga Center
1999-Present	Moksha Yoga Center
	(5 classes/week x 26 years = 6,760 classes / 13,520 hrs)

### **Conferences**

1999-2010	Midwest Yoga Conference – Ann Arbor, MI & Chicago, IL
5-6 years 2000's	Yoga Journal Conference – Estes Park, CO
7-8 years 2000's	Yoga Journal Conference – Madison, WI
2010-2013	Bhakti Yoga Fest – Palm Desert, CA & Madison, WI
2013-2018	Sukhava Bodhe Yoga & Music Festival – Paw Paw, IL

### **Retreats**

2004	Yogic Arts & Vinyasa Retreat – Kalani, HI
2013-2019	Yoga & Ayurveda Retreat – Kovalam Beach, Kerala, South India
2020-2021	Gita Nigari Eco-Farm Retreat – Port Royal, PA