

San Juan Yoga Festival Instructors

Chantell Griffith – RYT 200hr: Owner. Instructor ~ Sacred Rebel Yoga Studio
Certified in both Aerial Yoga and the Sacred Hot Yoga Method. I love meeting and connecting with my students, encouraging them to see themselves as the beautiful beings they were created to be. My personal mission statement; To brainwash you into believing in yourself and knowing that you can achieve anything!

Jennifer Bandy – RYT 200hr: Owner. Instructor ~ Namaztec Yoga
I am practiced and trained in the Sacred Hot Yoga Method which is typically done in a hot room but can be modified with various temperature settings and styles. I offer outdoor yoga in the warm months and various heated and non-heated classes located in my studio located in downtown Aztec New Mexico.

Tammy Rinerson – 200 RYT: Instructor ~ Namaztec
Received my 200hr RYT at the Soul Den in Farmington NM. Plans on getting my certification in Ariel Yoga soon. Tammy wants to help others find their inner peace so that they may find self healing in life. She believes in living a happy and healthy life and the first thing we need to do is, be happy with you. Peace and love

Staci Zweschper – RYT 200hr: Owner. Instructor ~ Soul Den Hot Yoga in Farmington, established in July 2015.
Hot Yoga Instructor (RYT-200) through the Sacred Hot Yoga Method in December 2012, an Aerial Yoga Instructor through the Avian Yoga Method in January 2017 and a Master Hot Yoga Trainer through the Sacred Hot Yoga Method in March 2017. You will find balance, comfort and clarity in this positive, uplifting and relaxing environment infused with the healing power of pure essential oils. All levels are welcome. Make time for you. Give back to you. “Lift Each Other Up & Fly”

Aspen Ballard – RYT 500hr: Owner ~ Flying Nest
Registered Yoga Teacher in Ashtanga, Vinyasa Flow and Myofascial Release. With an additional 450+ hours in Aerial Yoga. Currently teaching Hot Yoga and Yin Classes at Defined and Aerial Yoga at Sacred Rebel Yoga Studio. I truly believe in the healing power of yoga and that yoga is for anybody and anybody. You deserve a place to go without any judgement or hesitation and I can't wait to welcome you with open arms!

Susan Hakanson – RYT 500hr: Owner. Instructor ~ Wellspring Yoga. Instructor ~Durango Recreational Center
Completed her 500-hour training with Gary Kraftsow and the American Viniyoga Institute. Currently teaching early morning basics class, strengthening and therapeutic classes for folks training for the Iron Horse Bike classic, classes aimed at keeping aging athletes in their sports, and deep relaxation classes for the end of a busy work week. Also teaches specific Pranayama classes, Mindfulness and Meditation classes, Change Management workshops and offers study groups to discuss the Yoga Sutra. Yoga is the “union” or link between the source of energy and the materiality – the mind and body; an ancient philosophy that can lead to greater health, vitality and peace of mind – if you practice!

Magan Vigil – RYT 200hr: Instructor ~ Anytime Fitness and Soul Den Hot Yoga
I am certified Yoga/Hot Yoga/ Aerial Yoga Instructor. I received my Yoga and Reiki certification 11/1/2015 and my Avian Yoga certification 1/22/2017. Yoga has been life changing. I invite all instructors and students to extend beyond physical exercise exploring into intuition and spirituality, healing themselves and others. I welcome all levels of students to join me in a judge free, life changing experience and unveil the warrior you already are. Let this moment begin a new beginning.

Erin Benson - Palates Master: Instructor ~ Movement House and San Juan College

Studied Yoga and Ayurveda while living in Hawaii. She sees yoga as a discipline which extends far beyond the physical benefits to shine the mind and free ourselves from limiting beliefs and destructive patterns. She maintains that we can nourish deep and lasting change by showing up to each pose, and each breath as unique and whole listening to the body and moving with care. Learn the basics and apply to your favorite practice!

Jen Todd – Elite LesMills Fitness Lead: Instructor ~ Defined Fitness
Teaches group fitness classes that encompass strength training, functional core work, MMA inspired cardio, HIIT training and flexibility. In 2013 I certified in BODYFLOW; a class inspired by Yoga, Pilates and Tai Chi. Since incorporating BODYFLOW into my routine I have experienced an increase in flexibility and range of motion, a big improvement in recovery, balance and a huge reduction in stress. My ambition is to help everyone find a love and desire to be active.

Melissa Rietz – 200 RYT: CNP ~ Yoga Instructor
Melissa has been practicing yoga and meditation for more than 20 years and completed her 200-hour Teacher Training Certification through YogaDurango in 2015. She uses essential oils personally and professionally to nurture and empower women through natural life transitions on and off the mat. Passionate about the well-being of her patients, family, and friends she loves nothing more than to share the profound joys and possibilities found in these practices. “Yoga has grounded me during times of transition and has been a source of strength for mind, body, and spirit.”

Soly Culpepper – RYT 200hr: Instructor ~ Sacred Rebel Yoga Studio and Fitness World

A young passionate yoga teacher who loves to incorporate her love of movement and breath with her love of music. You will often hear her humming or singing in class and encouraging her students to do the same. After being diagnosed with a brain tumor at age 16, she discovered yoga was the best way for her to take a step back from life and realign with herself.