



MOVING MEDITATION: YOGA WITH WENLIN

Teaching since 2016, Wenlin is a **500 hours Registered Yoga Teacher (RYT)** with **Yoga Alliance USA & Yoga Therapist** who has taught in **Asia and Europe**. Wenlin is passionate about guiding others to restore their bodies and minds through Yoga.

ABOUT WENLIN'S CLASSES

Wenlin specialises in **Therapeutic Yoga & Meditation**
Yoga Therapy for Arthritis & Back Pain
Prenatal Aqua Yoga / Aqua Yoga for Joint Pain
Qigong Fusion Flow (Vinyasa Flow + Qigong)

Wenlin also teaches **Vinyasa Flow, Yin Yoga, Restorative Yoga**

Native in **English & Mandarin**, Wenlin has facilitated large **groups (50+)** as well as **1-on-1 private sessions**. Sample her classes here

RATES & CONTACT

Rates available upon request
wenlin@wenlintan.com
www.wenlintan.com



CERTIFICATIONS & WORK EXPERIENCE

COMPLETED TRAINING & CERTIFICATIONS

- 2020 Clinical Applications of Yoga, My Vinyasa Practice
- 2020 300 Hour Yoga Teacher Training, My Vinyasa Practice
- 2019 Birthlight wellwoman Aqua Yoga Teacher Training
- 2019 Qi Gong Immersion YTT with Mimi Kuo-Deemer
- 2018 Rainbow Kids Yoga Teacher Training, Singapore
- 2017 Levels 1-3 Thai Massage, ITM Massage school, Chiang Mai
- 2017 50Hrs YA certified Yin Yoga Training, With Yin Yoga, Bali
- 2017 50Hrs Anusara Yoga Immersion, Hom Yoga Singapore
- 2017 6th No borders project (Contact Improvisation), Unity Space
- 2016 15Hrs YA Anatomy Connections, New Angle Yoga Singapore
- 2016 200Hrs YA Hatha Yoga Teacher Training, Yoga House TaiTung
- 2010 Bachelor's in Arts & Social Sciences, Psychology (NUS)

RECENT CLASSES & WORKSHOPS

- 2020 Private Yoga Therapy, Yoga Torino (ongoing)
- 2020 Restorative Yoga, Straits Clan, Singapore
- 2020 Vinyasa Flow, Tribody Fitness & Anytime Fitness, Singapore
- 2020 move make muse workshop, National Library Board, Singapore
- 2020 Yin Yang Fascia Flow, Lyf & Funan, Singapore
- 2019 Yoga Movement Workshops, Uncommon London & Fabrika Tbilisi
- 2019 Creative Workshops (Art, Writing, Yoga), Obonjan Private Resort
- 2019 Partner Yoga & Massage, Brighton Yoga Festival
- 2019 Hot vinyasa, Vinyasa group classes, YogaUnion, Turin (ongoing)
- 2019 Dynamic Yoga group class, Pilates Torino PPM, Turin
- 2019 Pair yoga community class, Art of Yoga, Singapore
- 2019 Chair Yoga for wellness, Senior support group, Diabetes Singapore



TESTIMONIALS

Wenlin is an **amazing yoga teacher and person**, she understands individual needs and adjusts class accordingly. I **strongly recommend her private lessons.**

*Fricci from Italy
Private Yoga Therapy, Turin, Italy*

Wenlin's (yoga) classes are beautiful. I enjoyed them very much.

*Russell from Australia
Yin Yang Yoga @ Obonjan Private Island Resort*

I've been doing yoga at other places but **Wenlin is very warm and welcoming.** I feel rejuvenated and more equipped to handle today's challenges at work.

*Kayuri from Japan
Vinyasa Yoga @ Tribody fitness, Singapore*

RECENT CLIENTS

