

danielle knotts

she / her / hers

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CREATIVE DIRECTOR FOR THE BODY, MIND AND SOUL /

Private 1:1 instruction / 2010 · present

Yoga Sculpt, Vinyasa Flow, Yin, Restorative, Pilates Reformer and Mat (Classical and Contemporary), Breathwork, Meditation and Mindfulness

FORMA Pilates LA at The Global Ambassador Hotel / 2023 · present

Yoga Flow, Slowburn, Warrior, Pilates Fusion, Pilates Reformer and Mat (Classical and Contemporary)

Life Time — Scottsdale Fashion Square and Phoenix Biltmore / 2021 · present

Yoga Flow, Slowburn, Warrior, Pilates Fusion, Pilates Reformer and Mat (Classical and Contemporary)

Elevate24 / 2021 · 2022

Corporate Yoga Vinyasa Flow 1 and 2, Yin, Meditation and Mindfulness

Champions Yoga / 2021 · 2022

HIIT Yoga, Yoga Vinyasa Flow 1 and 2, Meditation and Mindfulness

The Balanced Bachelorette / 2021 · 2022

Aqua Yoga, Yoga Sculpt, Yoga Vinyasa Flow 2

Corepower Yoga / 2019 · 2020

Yoga Sculpt, Yoga Vinyasa Flow 1

AZ Training Lab / 2014 · 2015

Yoga Vinyasa Flow 2

CityScape Residences DTPHX / 2014 · 2015

Yoga Vinyasa Flow 2

AIGA CR8-A-THON / Mark Taylor Residences /

Lorna Jane / JAB Fitness /

Mohave Middle School Physical Education

CommUNITY {volunteer} — Yoga Vinyasa Flow 1 and 2

PERSONA /

Myers Briggs — **I{E}NFJ**

The Birkman Method® — **Blue, Blue, Blue**

Adobe® Create — **Dreamer**

mycreativetype.com

MOVEMENT / *with purpose*

As your guide (instructor), I join movement with breath and music to create an experience that gives the body, mind and soul, strength and grace — so when our time comes to an end, you leave the practice feeling alive with peace and renewed energy: presence — the best gift of all.

—> sunrise

—> **yoga**

—> **meditation**

—> creative design

—> **f l o w**

—> **Pilates**

—> **b r e a t h**

—> sunset

EDUCATION /

CPR and First Aid

FORMA Method / FORMA Pilates LA

Pilates Comprehensive Certification Level I {Classical} / Peak Pilates

Yoga Sculpt Teacher Training 50 RYT / Corepower Yoga

Yoga Teacher Training Intensive / Corepower Yoga

PN Level 1 · Certification in Exercise Nutrition / Precision Nutrition

Advanced Yoga Teacher Intensive 40 hours / John Salisbury

Yoga Teacher Training 200 RYT / The Madison Improvement Club

Spin Teacher Training ACE Certified / The Madison Improvement Club

Sri Dharma Mittra, Yoga / Master Sadhana Meditation + Kirtan

Primal Yoga / Liz Arch

Vytas / Master Class

The Detox Practice / Kishān Shāh

Chakra Flow + Guided Meditation / Jenn Chiarelli

Asana Championships Training / Cynthia Wehr

Primary + Advanced Training / Bikram Choudhury

Yoga Life + Light Seminar / Rajashree Choudhury