

# Flo Cabre-Andrews

Phone: 917.545.6910

Flocabreandrews.com



## Experience

### ADULTS

- The Dorm, NYC
- 353 Restore, NYC
- Academic West, NYC
- The Yoga Room, Queens
- Second Story, Queens
- Match Point, Brooklyn
- Mimi's Yoga, Queens
- Life in Motion, NYC
- Prenatal Yoga Center, NYC
- Sangha Yoga Shala, NYC
- Elite Fitness Studio, Brooklyn
- Yoga People, Brooklyn
- Gold Gym, Brooklyn
- Hotspot Yoga, Brooklyn

### CHILDREN

- Our World Neighborhood Charter School, Queens. Hunter Elementary School, NYC
- PS 198, NYC. PS 89, NYC. PS 182, NYC. Promise 1 & 2, NYC. Golden Bridge NYC
- Renaissance Center Daycare, NYC

## Education

- Certified Iyengar Teacher Introductory 1 & 2, NYC
- Iyengar Teacher Training, NYC
- RYT 200 hr certification from SonicYoga, NYC. 100 hr Anusara, Immersion 1,2,3, NYC
- RYT 300 hr with Nikki Costello, NYC
- RYCT 200 hr Radiant Child Training, NYC. RYCT 200 hr Little Flower Yoga, NYC
- Theater B.A

## References

I would be happy to provide you with recommendation letters upon request.