

RAE

BU

Traveling Yoga Teacher

Namastrae Yoga & Healing Arts

meditation ★ vinyasa ★ yin ★ hatha
thai massage ★ acupressure ★ reiki

A Bit About Namastrae.

I am a world traveling yoga teacher and healing artist with poly-glot goals. I am currently based in South East Asia. My future travels are driven by a passion to share yogic life with the world and learn from other cultures. I have been growing in my 8-limb yoga practice since 2003.

My first asana and pranyama class was when my mother took me to the only class in my hometown at Hartford Hospital, when I was 16 years old. I am forever changed by the practice and have experienced immense growth in all aspects of my life; mind, body, & soul. I started teaching in January 2015, at the office where I worked as a Photographer & Graphic Designer, to help ease the stress of the environment and connect the office team.

Six months after I began teaching in the office, I left the desk life and flew to Bali, Indonesia to become an officially become a 200-hr CYT at Yandara Yoga Institute in July 2015.

Since then, I have taught over 650 classes as of Jan. 2018 at in multiple styles at varying studios, schools, and sites to all ages, levels, and economic statuses.

I am currently living in Thailand, studying, practicing & teaching yoga & thai massage, as well as developing my own music and art..

Please don't hesitate to contact me, as I am available world-wide for classes, retreats, trainings, partner-yoga workshops, camps, private and duet classes, for all ages and levels.

I have arts & performing resumes available if there is interest in collaborating in those realms. I incorporate reiki & acupressure, and thai massage techniques into my classes frequently to support healing. As well as live music and chanting to support sound healing and create mental focus.

Going forward I will continue traveling abroad to teach peace and ESL through yoga, music and art & guide yoga retreats and trainings with my partner, Aytan. I love to study and attend trainings to further my knowledge and practice and plan to get my 500-hr certification in India or Mexico and study Acupressure in the U.S so that I may share healing through the power of touch. In the far teacher, we will own our own retreat center.

-Namastrae!

Formal Yogic Education

8-day Vipassana Meditation Course : Chiang Mai, Thailand - February 2018
Silent Meditation Course led at the Do Suthep International Buddhist Temple

Sunshine School of Thai Massage : Chiang Mai, Thailand - February 2018
Thai Massage Therapist & Acupressure 50-hour course

Ghosh Beginning & Intermediate Series Workshop - Mke, WI - Jan 2017
Led by Ida & Jo at Hot Yoga Milwaukee in Milwaukee, WI

Yoga Teacher Gentle Assists Workshop @ Hot Yoga Brookfield, April 2017
Led by Erin Schwab

Reiki I & II Training @ Core El Centro, April & June 2017

Nagoya Yoga Festival, Group & Partner Yoga Workshop @ Nagoya, Japan, May 2016

Yandara Yoga Institute - 200-hr Certified Yoga Teacher - Bali, Indonesia - July 2015
Hatha, Vinyasa, and Yin Asana Teaching, Meditation & Philosophy

Shambala Meditation Center 4-month Meditation Course - Mke, WI - Fall 2009
Studying Sakong Miphams Turning the Mind into an Alley, Daily Meditaitoin Practice & Writing

Yoga & Meditation Teaching Experience

Namastrae Traveling Yoga Teacher : Worldwide : January 2015 - Present
Yoga & Healing Arts classes & workshops. Philosophies and practice commonly utilizing the 8-limbs of yoga, the chakra system, thai yoga massage techniques, live music & chanting, and reiki & more!

New Life Foundation : Yoga Teacher & Thai Masseur : 2018 @ Thailand

Bodhi Tree: Yoga Teacher : March 2018 @ Chiang Mai, Thailand

Buak Hat Park, Chiang Mai : Bhakti, Hatha, Advanced : March & April 2018

Alfred Talent : Yoga & Art Teacher : Dec. 2017- Feb. 2018 @ Hai Phong, Vietnam

Waterloo English School : Yoga Teacher : Dec. 2017 @ Thai Binh, Vietnam

Om Yoga Tuscon : GuestYoga Teacher : Nov. 2017, June 2018 @ Tuscon, Arizona

Hot Yoga Milwaukee : Vinyasa, Yin & Bikram Instructor : Jan. 2016 - Nov. 2017

Invivo Wellness : Vinyasa & Yin Yoga and Meditation Instructor : Sept. 2016 - Nov. 2017

Elevation Corporate Health : Private Yoga Instructor : August - November 2017

Danceworks Intergenerational Multi-Arts & MadHot Dance: Sept. 2015-July 2017
Art, Dance, & Yoga program that brings children & older adults together with interactive on-site programming, every year for about 4 months at a time in the fall, winter, and summer.

Lulu Lemon Athletica : Guest Yoga Teacher : Nov. 7th & 28th, 2015, Nov. 3, 2017
Guest Taught Free Yoga for the community. Hired as an brand Educator Oct. 2015-Nov. 2017

Namaste Together Partner Yoga Workshop : March 2017 @ Hot Yoga Milwaukee
Choreographed by Rae Bu, Co-taught by Aytan Luck

Wisconsin Athletic Club : Vinyasa Yoga Instructor : Nov. 2015 - Jan. 2016

Milwaukee Athletic Club : Vinyasa Yoga Instructor : Aug. & Sept 2015

Pink House Studio : Yoga & Meditation Teacher & Studio Asst. Aug. - Dec. 2015
Designing eclectic vinyasa & yin yoga and meditation courses, graphic design & mural painting, social media & community outreach.

Monkey Bar Gym : Yoga Instructor : Oct.-Nov.2015

Although grateful for the opportunity, I left this gym environment due to super loud music that I was not allowed to adjust. This became an unhealthy strain for my voice.

Clearwater Outdoor : Special Event Yoga Instructor : May 2015-August 2015
Taught 3 summer yoga classes prior to Clearwater's Stand-Up Paddle class.