
Nicole Ulrick | Yoga Instructor

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A unique blend of Anusara alignment, vinyasa flow and pranayama designed to offer dynamic poses and practical approaches with humor, heart and a healing touch.



Yoga Instruction

Third Eye Yoga

West Hollywood

www.thirdeyeyogastudio.com

Urth Yoga

Silverlake

<http://www.urthyoga.com>

City Yoga

West Hollywood

<http://www.cityyoga.com>

Black Dog Yoga

Sherman Oaks

<http://www.blackdogyoga.com>

Updog Fitness

Los Angeles

<http://www.updogfitness.com>

Mission Street Yoga

Pasadena

<http://www.missionstreetyoga.com>

Swerve Studio

Los Angeles

<http://www.swervestudio.com>

24 Hour Fitness

Los Angeles

<http://www.24hourfitness.com>

Liberation Yoga

Los Angeles

<http://www.liberationyoga.com>

Mala Yoga

Boston

<http://www.malayoga.com>

Yoga Training Programs

Anusara Teacher Training Certification Program

January – April 2008

City Yoga

West Hollywood

<http://www.cityyoga.com>

Bhakti Vinyasa Flow Teacher Training Certification Program

March – April 2009

Rusty Wells

San Francisco

<http://www.rustywells.com/teacher-training.html>

The Art of Touch & Adjustments

March 2009

Rusty Wells

San Francisco

Intensive Anusara Training

December 2008

Desiree Rumbaugh and Sianna Sherman

Advanced Anusara Principles

October 2008

John Friend

Bodywork

Thai Yoga Therapy Level 2 Training

Deon Thai Yoga

<http://www.deonthaiyoga.com>

Craniosacral Therapy level 1

Shiatsu Massage School of California

<http://www.smsconline.com>

Connected Touch Massage -

Oxytocin Release Method

<http://www.nourishthrutouch.com>

