

Joseph Roberson

Yogi, Artist, Author



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yogajoe



Objective:

Be a contribution to the present and future of humanity, one person at a time, through yoga, meditation and art.

Yoga Experience:

YOGA PRACTITIONER: 1979-PRESENT

ADJUNCT PROFESSOR: CCBC 2009-PRESENT

HEALTH EDUCATOR: UMAB 2008-PRESENT

YOGA TEACHER: 1992-PRESENT

Classes: Yoga Fundamentals, Hatha Yoga (Level 1-Level 3), Power Flow Vinyasa, Kundalini Yoga & Meditation, Pranayama

Workshops: Breath & Pranayama, Surya Namaskar, SuDarshan Chakra Kriya, Real Men Do Yoga, Introduction to Kundalini Yoga, Journey Through the Chakras, Osho Active Meditations (Dynamic, Kundalini, NadaBrahma), Yoga for Your Type

Yoga Teacher Training: RYT200 Program developer, director, presenter 1998 - 2008 at the Yoga Center of Columbia

Retreats: Pura Vida, Costa Rica (2002-2011); Serendipity Retreat Center, Berkeley Springs, WV (2010); Shepherdstown, WV (2004)

OWNER: SANCTUARY YOGA, 2005-PRESENT

CO-DIRECTOR: THE YOGA CENTER OF COLUMBIA, 1999-2004

Education:

Yoga: Erich Schiffman, Rod Stryker, Ravi Singh, Donna Farhi, Roger Cole, Iyengar Institute (Pune, India), Bob Glickstein, John Friend, Doug Swenson.

Meditation: Vipassana (Wat Jom Tong, Thailand); Osho Meditations (Pune, India).

The History and Philosophy of Yoga with Georg Feuerstein (current student).

Art: Maryland Institute, College of Art (BFA, MFA); Visionary Art (Alex Grey).