

Mona Beniceros, M.S.

Yoga teacher and owner Sun Moon Yoga

Teaching Positions:

- Director of teacher training and development at Sun Moon
- Teaching 10 asana classes weekly at Sun Moon
- Minnesota State University, Mankato, adjunct faculty
- Yoga Instructor, Human Performance/Exercise Science, Minnesota State University, Mankato

Academic Degrees:

- Minnesota State University, Masters degree in Health Science from the College of Allied Health and Nursing; 1996
- California State University, Chico, CA; B.A., Mass Communications; 1976

Yoga Teacher Certifications (week- and month-long):

- Registered Yoga Instructor (R.Y.T.) since 2000
- White Lotus Foundation In-Depth Instructor Certification; 1995
- Ananda Expanding Light Advanced Yoga Instructor training; 1998
- Thai Yoga Massage Practitioner Certification; 1999
- White Lotus Foundation Advanced teacher training; 2001
- Teacher training with Tias Little, Santa Fe, N.M.; 2002

Additional Training:

- Myfascial Meridian workshops with Tom Myers; 2002
- B.K.S. Iyengar week-long conference, Minneapolis; 2003
- Krishnamacharya Conference/San Francisco; Ashtanga training with Tim Miller. Workshops with TKV Desikachar; 2003
- Hot Stone Massage training; 2004
- Bikram Hot Yoga, Kripalu, Lenox, Mass., 2005
- Traditional Ashtanga with Manju, Yoga House, Edina, MN; 2005
- David Swenson, Ashtanga Yoga Intensive, Yoga House; 2007
- Michael Gannon, Ashtanga; 2009

Workshops & Intensives:

- Baron Baptiste, Erich Schiffman, Shiva Rea, Richard Freeman, Doug Swenson, Donna Farhi, Gary Kraftsow and many others.

