



# Niina Mensonen

Yoga Alliance qualified yoga teacher  
200-RYT



## Who am I?

In 2013, I found this awesome thing called yoga. During the years of practice I've tried several styles of yoga, and vinyasa and arm balances are definitely my jam!

I'm a passionate and energetic person who teaches from the heart. Seeing my students learning, exploring new possibilities and finding their own way to practice yoga is the most important thing for me – and seeing the smiles on their faces after a fun, creative class. I am a teacher who often breaks the rules of yoga and thinks outside of the box. Why? Because in order to learn new things and to elevate our practice, we don't need to push harder – just a different route is enough to spice up the way we experience yoga AND life.

I believe that the essence of yoga is that it's for everybody. Yoga doesn't ask where you're coming from, what size or age you are, your level of fitness or flexibility – it's just happy that you have arrived to the mat. And so am I: I'm here to help you with your own yoga journey and together we can find out what would be your jam!

## My classes

For me yoga is about finding balance between effort and ease, strength and flexibility, and about having fun! Expect to find dynamic movement, breathwork and laughter in these classes:

- Vinyasa
- Yin
- Special classes for office workers
- Yoga Nidra
- Arm balances
- Meditation

## Training

2022

Yogi Flight School                      200hr yoga teacher training (vinyasa)  
Anatomia ja Kehotietoisuus        25hr anatomy and body awareness

2021

Yogi Flight School                      30hr arm balances and inversions

## Teaching experience

2022

Lead yoga teacher and founder, Asana-asema  
Private students, one on one live classes (Lahti, Heinola, Hollola)  
Vinyasa, yin and yoga nidra online classes  
Summer yoga retreat (Heinola)  
Small group classes, live and online  
Sweco Infra&Rail Oy: yoga for office workers, several classes  
Sweco Infra&Rail Oy: yoga class for team strategy day

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