



ASHLEY CHENG

SLOW FLOW YOGA TEACHER & YOGA THERAPIST

ABOUT ASHLEY

Ashley Cheng (E-RYT 1000) is a native Austinite, certified yoga teacher trainer and member of the International Association of Yoga Therapists. Through her backgrounds in yoga therapy, Forrest Yoga®, alignment-based Vinyasa and Functional Range Conditioning (FRC®), yoga has provided the scaffolding – the physical, emotional and spiritual support – to build a life she continues to be proud of today. She co-created Austin School of Yoga's 200-hour Teacher Training to assist others in designing a more meaningful foundation for their lives.

She approaches her teaching practice like a fine meal – taking each pose one bite at a time and savoring every breath as a nourishing, decadent experience. Her teaching style emphasizes thoughtful alignment and artful sequencing with compassionate hands-on assists. She's passionate about providing a space of belonging and play to embolden others to lead and heal themselves.

Currently, she is pursuing her masters in social work from the University of Texas at Austin.

CERTIFICATIONS/EDUCATION

- 1,000-Hr Inner Peace Yoga Therapy Certification, expected Nov. 2019
- Lifeforce Yoga Level 1 Practitioner (Rose Kress), 2019-present
- Functional Range Conditioning® Mobility Specialist (Dr. Andreo Spina), 2017
- Yoga Tune-Up® Roll Model® Method Myofascial Release Practitioner, 2017
- 300-Hour Inner Peace Yoga Therapy Certification (Maria Mendola, Dr. Marc Halpern, Nischala Joy Devi and Amy Weintraub), 2015-2016
- Forrest Yoga Mentorship Program (Cat Allen, Ann Hyde), 2013
- Radiant Child Yoga Level 1-3 Certification (Shakta Kaur Khalsa), 2013
- 200-Hr Forrest Yoga Training (Ana Forrest), 2012
- 200-Hr YogaWorks Training (Natasha Rizopoulos, Jennie Cohen), 2010-2011
- Teaching Prana Flow: Energetic Alignment, Hands-On Assists (Simon Park), 2011
- Prana Power Yoga Art of Assisting Training (Sue Jones), 2010
- BS in Communication, Summa Cum Laude (Boston University), 2006

YOGA WORK HISTORY

Certified Yoga Therapist, IAYT

AUSTIN | 2020-PRESENT

- Offer a holistic approach to help private yoga therapy clients manage conditions like chronic pain, anxiety, and depression

Certified Yoga Teacher, E-RYT 1000

BOSTON | AUSTIN | 2011-PRESENT

- Facilitate individual and group yoga, functional movement and meditation classes
- Offer a holistic approach to help private yoga therapy clients manage specific conditions, with specialties in chronic pain, anxiety and depression; develop tailored yoga therapy plans based on client intake and in-person assessment
- Assist Functional Yoga Therapy training module for Inner Peace Yoga Therapy
- Current studio: Castle Hill Fitness
- Previous locations: ClearResult, Black Lagoon Art + Yoga, Sanctuary Yoga, Be Yoga, YMCA, Bodhi Yoga, Jump! Gymnastics, SafePlace, LifeWorks, Karma Yoga, VIM Fitness, Beacon Hill Fitness, Bosse City Club/Spa

Co-Founder and Lead Teacher Trainer Austin School of Yoga

AUSTIN | 2016-PRESENT

- Developed curriculum for and co-lead Austin School of Yoga's Yoga Alliance certified annual 200-hour teacher training program

IN THE MEDIA

"Discover: Ashley Cheng," Austin Fit Magazine, 2016

"People of ATX: Ashley Cheng," Austin Monthly, 2018

"Top Yoga Teacher Trainings: Austin Edition," East+West, 2018

What to Know about Austin School of Yoga's Teacher Training," Castle Hill Fitness, 2019