

Aaron Zisman

## **tai chi/yoga resume**

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based out of  
Sedona, Arizona  
for more info contact  
aaron@flippingpixels.com

Since 2007 I have pursued a personal practice in the internal energy arts, first with yoga asana, and starting from 2016, tai chi chuan. After years of experience practicing and, eventually, teaching, I found my home in yoga with Mysore-style Ashtanga Vinyasa and currently with Yang-style, tai chi chuan of the Cheng Man-Ch'ing lineage. I have deeply committed to these practices over the past, almost, 20 years.

## **tai chi**

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**9+ years daily, Yang-style, tai chi form practice** out of the Long River Tai Chi Circle, Rockland County. I learned Cheng Man-Ch'ing, small-frame, short form, under Richard Iannuzzi at Long River, Rockland County. Additionally, I was taught and practiced 18 Therapies, Swimming Dragon, da lu, sensing/push hands and tai chi jian (sword form) weekly.

**4 years substitute teaching** for Richard Iannuzzi at Long River Tai Chi Circle in hand form, 18 therapies, Swimming Dragon, da lu and tai chi jian (sword)

### **tai chi workshops and clinics:**

2 summer tai chi workshops with Lenny Friedland  
tai chi jian (sword) workshop with Richard Iannuzzi and Suzanne Strauss  
da lu workshop with Richard Iannuzzi and Tim Higginbotham

Additional practice and study with senior teachers Wolfe Lowenthal, Lenny Friedland, Tim Higginbotham, Lee Fife and Beth Rosenfeld

For several years I met with book groups weekly that read and discussed the foundational Taoist texts of tai chi including the Tao Te Ching and Chuantze, among others.

*I've directed and produced tai chi instructional videos with my primary teacher Richard Iannuzzi on 18 Therapies and Swimming Dragon practices.*

## **yoga asana**

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**1 year teaching publicly and privately, an assortment of styles**, including Ashtanga-based vinyasa, Yin yoga and the 5 Tibetan Rites

**3 years of teaching Bikram yoga** at various studios around NYC. Teaching over 500, 90-minute classes in Brooklyn, Manhattan, Queens and surrounding areas

**Hosted and practiced Sanskrit chanting of the Yoga Sutras of Pantanjali** under Andrew Sugerman, student of Srivatsa Ramaswami, out of my apartment in Brooklyn, NY

11 years daily yoga asana practice:

2 years daily Mysore Ashtanga practice under Augustine Kim at Kula Yoga Project

8 years daily Bikram hatha yoga practice

3 years of assorted practice in vinyasa, hatha and Iyengar with senior teachers at various studios in the NYC area including Go Yoga, Kula Yoga Project, Jivamukti, Dharma Mittra, The Shala, and Forrest Yoga. Meditation practice with Dharma Punx and other groups.

Sarva Yoga 200hr Teacher Training 2014

Bikram Yoga Teacher Training spring 2011

yoga workshops and clinics:

Ashtanga yoga with John Campbell

Yoga anatomy with Leslie Kaminoff

Viniyoga with Andrew Sugerman

Forrest Yoga

psoas muscle release in yoga practice

Shamatha meditation

*Additionally I've produced and directed a series of documentary and instructional videos on Viniyoga for breast cancer survivors with yogini Patricia Sanzone.*

#### **additional education:**

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BFA in Film/Animation/Video, Rhode Island School of Design

additional coursework at Brown University, Columbia University and School of Visual Arts

diploma in advanced character animation studies Animation Mentor

portfolio site: [flippingpixels.com](http://flippingpixels.com)