



ROBERTA VILLALÓN

yogini, teacher

PROFILE

A life-long movement artist and teacher from Argentina, Roberta has been a devoted yogini since her pregnancy, twenty years ago.

Her classes thoughtfully and dynamically combine pranayama, asana and meditation, bringing practitioners closer to the ancient richness of yoga as a way of being and living.

Roberta teaches hatha, vinyasa, restorative, yin, prenatal and children's classes. She offers accessible classes open to the community in English and Spanish.

With the goal of fostering the well-being of immigrants and socially marginalized groups, she also leads healing yoga workshops undoing social harm while building personal and collective resilience.

CONTACT

PHONE:
(+1) 347-537-7487

WEBSITE:
www.robertavillalon.com/yoga

EMAIL:
villalon.roberta@proton.me

ADDRESS:
Astoria, Queens, New York, U.S.

EDUCATION

Kootenay Yoga School (Isla Mujeres, Mexico) Yoga Alliance 200-hour Teacher Certification (RYT)	2025
The Yoga Room (Queens, New York) Yoga and Pilates learning and practice	2007-Present
University of Texas at Austin (United States) M.A. Latin American Studies; Ph.D. Sociology	2000–2007
Café Dance (Austin, Texas) Dance and Yoga studies	2001–2007
Universidad Torcuato Di Tella (Buenos Aires, Argentina) Lic. International Studies	1994–1999
Escuela de Danza Schraiber (Mar del Plata, Argentina) Classical and Contemporary Dance Teacher Certifications	1988–1993

WORK EXPERIENCE

Form and Flow (Queens, New York) Pre- and post-natal, weekly	2026-Present
Astoria Yoga (Queens, New York) Vinyasa, and Restorative & Nidra, weekly	2026-Present
Rancho Margot (La Fortuna, Costa Rica) Yoga and Wellness Teacher Residency	12/2025-1/2026
2nd Story Pilates + Yoga (Queens, New York) Bilingual Vinyasa, Hatha & Meditation, weekly & Prenatal, <i>privates</i>	2025-Present
Queens Community Yoga (Queens, New York) Hatha & Meditation, weekly & Children's and Bilingual Community programs	2025-Present
GMHC (Manhattan, New York) Hatha, Restorative & Meditation, weekly	2025
Hosteling International (HI) (Manhattan, New York) Vinyasa, weekly	2025
St. John's University (Queens, New York) LGBTQ+ Center, seasonal offerings Professor of Sociology	2025-Present 2007-Present
Libres (Queens, New York) Bilingual Community Movement and Wellness, weekly	2020–2026
Spank Dance Company (Austin, Texas) Dancer	2004–2007
Ballet del Atlántico (Mar del Plata, Argentina) Dancer	1988–1993