



ROBERTA VILLALÓN

yogini, teacher

PROFILE

A life-long movement artist and teacher, Roberta has been a devoted yogini since her pregnancy, nineteen 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 and yin classes. She offers accessible classes open to the community in English or Spanish. With the goal of fostering the well-being of immigrants and socially marginalized groups, she also leads healing yoga workshops addressing the trauma generated by ethnoracial, gender, sexual and socioeconomic violence while building personal and collective resilience.

CONTACT

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

EDUCATION

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

WORK EXPERIENCE

Astoria Yoga	2026-Present
Yoga Teacher	
Rancho Margot (La Fortuna, Costa Rica)	12/2025-1/2026
Yoga and Wellness Teacher	
Queens Community Yoga (Queens, New York)	2025-Present
Karma Yogini, Yoga Teacher	
2nd Story Pilates + Yoga (Queens, New York)	2025-Present
Yoga Teacher	
GMHC (Manhattan, New York)	2025-Present
Yoga Teacher	
Seeds in the Middle (Brooklyn, NY)	2025-Present
Yoga Teacher	
Hosteling International (HI) (Manhattan, New York)	2025-Present
Yoga Teacher	
Libres (Queens, New York)	2020-Present
Movement and Wellness Teacher	
St. John's University (Queens, New York)	2025-Present
Yoga Teacher, LGBTQ Center	
Professor of Sociology	
Spank Dance Company (Austin, Texas)	2004-2007
Dancer	
Ballet del Atlántico (Mar del Plata, Argentina)	1988–1993
Dancer	