



ROBERTA VILLALÓN

yogini, teacher

EDUCATION

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

PHONE:
(+1) 347-537-7487

WEBSITE:
www.robertavillalon.com/yoga

EMAIL:
villalon.roberta@proton.me

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

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 2007-Present

Spank Dance Company (Austin, Texas) 2004-2007
Dancer

Ballet del Atlántico (Mar del Plata, Argentina) 1988--1993
Dancer