



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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ROBERTA VILLALÓN

Yoga Teacher, Professor

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
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

Queens Community Yoga (Queens, New York) Karma Yogini, Yoga Teacher	2025-Present
2nd Story Pilates + Yoga (Queens, New York) Yoga Teacher	2025-Present
GMHC (Manhattan, New York) Yoga Teacher	2025-Present
Seeds in the Middle (Brooklyn, NY) Yoga Teacher	2025-Present
Hosteling International (HI) (Manhattan, New York) Yoga Teacher	2025-Present
Libres (Queens, New York) Movement and Wellness Teacher	2020-Present
St. John's University (Queens, New York) Yoga Teacher, LGBTQ Center Professor of Sociology	2025-Present 2007-Present
Spank Dance Company (Austin, Texas) Dancer	2004–2007