



## 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, and prenatal classes. She offers accessible classes open to the community in English or Spanish, and teaches yoga to children in afterschool programs. 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

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Astoria, Queens, New York, U.S.

# ROBERTA VILLALÓN

## yogini, teacher

### EDUCATION

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

### WORK EXPERIENCE

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