



## APRIL MARTUCCI BIO

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Named "most in demand" yoga instructor in *New York Magazine's* Best of New York issue, April Martucci is a native New Yorker with a singular understanding of movement and the connection between mind and body. Prior to becoming a full-time yogini, she danced with the Joffrey Ballet School, Eglevsky Ballet, and at the Martha Graham School.

April graduated from the Swedish Institute of Massage Therapy, whose programming is known for its emphasis on anatomy and physiology. She incorporates her experience from the Institute in her unique form of yoga + bodywork. Her signature style involves technical aspects of anatomy combined with a thoughtful philosophical approach, making the practice fully integrated: mind, body, and spirit.

In 2007, April was recruited by the prestigious Reebok Sports Club/NY to open and serve as Director of the MindBody Studios. Currently, the MindBody Studios are the only one of their kind in New York City—an operating yoga and Pilates studio within a health club setting. She constructed a yoga program that is both dynamic and accessible—with classes in Iyengar, Anusara, Vinyasa, Astanga, and Restorative—tailored expressly for the Club's diverse members. Her responsibilities as Director included consulting with architects and designers, management, programming, raising revenue, teaching classes and workshops of her own. April has taught a wide range of students from A-list celebrities to toddlers, artists, and high-profile professionals.

Some of her favorite students include: Harvey Keitel, Jessica Seinfeld, Mariel Hemingway, Lourdes Leon, Elizabeth Vargas, and Bethenny Frankel.

A faculty member at Kripalu Yoga & Meditation Center in the Berkshires, she has been teaching globally for almost a decade, and has guest taught at yoga conferences and international events. She draws from her movement and life experience, creating classes that are fun, dynamic, and challenging, both physically and mentally. April has taught over 60+ retreats all over the world; she has led groups in Colombia, Miami, Mexico, Greece, Italy, Costa Rica to name a few.

April instructed producer Michael Gelman during a Fitness Week special on ABC's Live! with Regis and Kelly. She regularly contributes to Rodale's iYogaLife.com, providing instructional video content and answering mind body lifestyle questions, and to MensHealth.com, writing articles and columns. April has participated in community work with Lululemon Athletica, Ltd. As a Lululemon ambassador, she teaches community classes and performs at the annual Barefoot Ball.

April is the founder of the 200 -hour Yoga Alliance recognized FireDragonYoga™ Teacher Training. With her esteemed faculty, she has created a one-of-a-kind yoga teacher training which incorporates several healing modalities besides the beloved yoga practice such as Reiki, Shiatsu, Thai massage, Qi Gong, and martial arts.