

JUSTIN BLAZEJEWSKI

YOGA AND MEDITATION FOR MILITARY, VETERANS AND THEIR FAMILIES

ALL LEVELS | E-RYT 500 HOUR | YOGA ALLIANCE | MINDFUL YOGA FOR TRAUMA RECOVERY

Influenced by my teachers and my brothers & sisters from the military, I aim to bring the healing benefits of yoga to active members of the military and our veterans. Through yoga, meditation and other healing arts my goal is to help students find the same healing, calmness and peace I have found through my yoga practice over the years.



WWW.VETOGA.ORG
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TRAINING

200 HOUR DHARMA YOGA
NEW YORK, NY 2008

500 HOUR DHARMA YOGA
NEW YORK, NY 2011

800 HOUR DHARMA YOGA
NEW YORK, NY 2013

YOGA NIDRA I AMRIT YOGA
RHINEBECK, NY 2009

MASTER YOGA NIDRA AMRIT YOGA
FORT MCCOY, FL 2013

ACRO YOGA LEVEL I
SYDNEY, AUSTRALIA 2013

MINDFUL RESILIENCE YOGA LEVEL I
ARLINGTON, VA 2015

PROJECTS

VETOGA.ORG 501 (c) (3)
VETERAN YOGA PROJECT 501 (c) (3)

TEACHING EXPERIENCE

2008 – PRESENT; FLOW YOGA CENTER, WASHINGTON D.C.

Senior level teacher offering all levels hatha yoga, acro yoga, pranayama, meditation and yoga nidra classes and workshops

2010 – PRESENT; 532YOGA, ALEXANDRIA VIRGINIA

Senior level teacher offering weekly all levels hatha and acro yoga, monthly Maha Sadhana workshops. I also offer monthly VEToga yoga classes and workshops at no cost to all military, veterans and their families.

2014 – PRESENT; BE HERE NOW YOGA, WASHINGTON D.C.

Senior level teacher and part of the core staff and developing the 200 hour teacher training program that will be offered in 2016. I also teach monthly Maha Sadhana workshops and quarterly VEToga healing arts workshops which are offered at no cost to all military, veterans and their families.

2014 – 2015; SPARK YOGA, ARLINGTON VIRGINIA

Senior level teacher who taught regular all levels hatha yoga, acro yoga, pranayama, meditation and yoga nidra. Taught regular monthly VEToga yoga classes that were free for all military, veterans and their families. Hosted the first annual Yoga for Heroes festival that provided free yoga, meditation, acupuncture, massage and other healing arts to military, veterans, law enforcement, emergency responders and their families.

2009 – 2015; YOGA DISTRICT, WASHINGTON D.C.

2008 – 2010; PURE PRANA YOGA, ALEXANDRIA VIRGINIA

2008 – 2010; EVOLVE YOGA, WASHINGTON D.C.

1997-2003; UNITED STATES MARINE CORPS, MCAS QUANTICO VA

Aviation electronics supervisor for Presidential Helicopter Squadron HMX-1. Maintained, operated and troubleshoot secure communications systems, linking President's helicopters to the White House Communication Agency.

SECURITY CLEARANCE: TOP SECRET (SCI) FULL SCOPE POLYGRAPH

WEAPONS QUALIFICATIONS: M4, SHOTGUN AND GLOCK 9mm