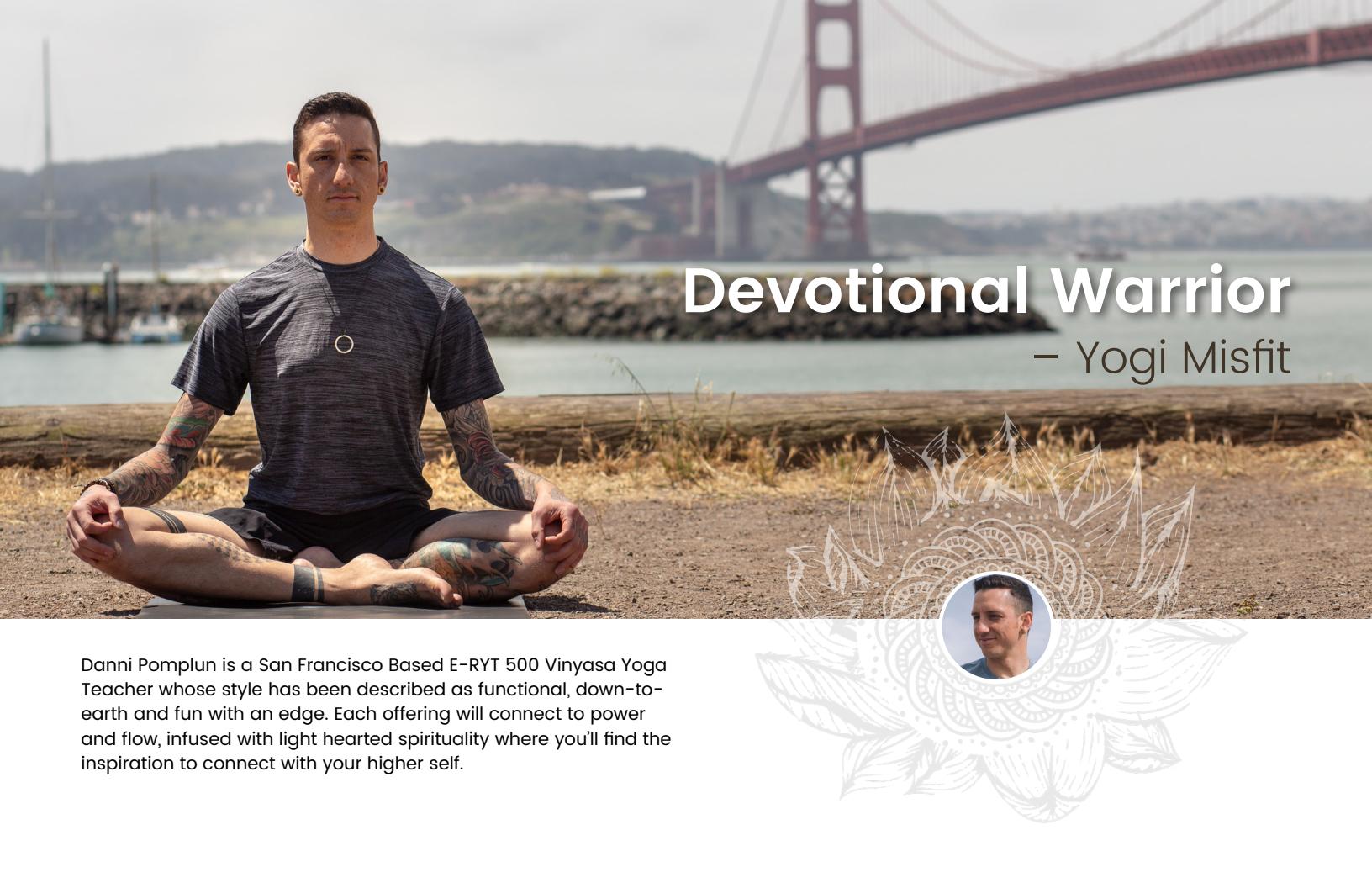




A Media Kit to
Step into Your
GREATNESS

Functional. Real. Fun

Danni Tomplin  YOGA



Devotional Warrior

– Yogi Misfit

Danni Pomplun is a San Francisco Based E-RYT 500 Vinyasa Yoga Teacher whose style has been described as functional, down-to-earth and fun with an edge. Each offering will connect to power and flow, infused with light hearted spirituality where you'll find the inspiration to connect with your higher self.



Workshops – In Studio + Festivals

Teacher Trainings

Continuing Education for Teachers

Danni Pomplun runs his own popular **200-hour + 500-hour teacher trainings** in San Francisco and across the U.S., and is the lead teacher for various teacher trainings both in the U.S. and abroad.

Danni leads popular workshops and immersions across the country at popular festivals and top yoga studios, and keeps the thread of community and teachings going for students regardless

of where they are located. He also offers continuing education workshops, Mastermind trainings and retreats where instructors can refine and deepen their skills.



Wanderlust

July 2019

Asheville Yoga Festival

July 2018, 2019

One Love Movement

October 2018, 2019

Barefoot and Free Yoga Festival

Aug 2018, 2019

Mammoth Yoga Festival

June 2018

San Diego Yoga Festival

June 2017, 2018, 2019

Sedona Yoga Festival

February 2018

Blue Osa

200 Hour Retreat Teacher Training

April + Sept 2018,

May, June + Oct 2019

Thailand

200 Hour Retreat Teacher Training

July 2020

Yoga Tree

200 Hour Teacher Training

Sept 2018, 2019

Wheel House

200 Hour Teacher Training

Oct 2018, 2019

Hope Yoga

200 Hour Teacher Training

Jan 2019

Body Mind Core

500 Hour Teacher Training

Sept 2019 to May 2020

Buti Yoga

500 Hour Teacher Training

2019, 2020

Detroit Yoga Lab

500 Hour Teacher Training

2020

WE THRIVE WHEN WE HELP OTHERS THRIVE

@Danni Pomplun

Workshops + Masterclasses at

Yoga Tree (SF)
Yoga Works (SF)
Ocean Yoga (SF)
House of Yoga (San Diego)
Thrive Santa Fe (Santa Fe)
Yoga on the Lake (Kohler)
Inner Fire Yoga (Madison)
Vibe (Bloomington)

Body Mind + Core (Indy)
Zen Yoga Garage (Chicago)
Detroit Yoga Lab (Detroit)
Movement Lab (Baltimore)
Pure Yoga (New York)
1440 Multiversity (California)
+ **MORE!**



Functional. Real. Fun.



Media

online classes - podcast - articles + more

Practice Online

Practice Tips & Classes at [DanniPomplun.com](https://www.dannipomplun.com)

In addition to streaming classes for FREE, Danni offers a video series providing tips and tricks for serious students of the practice and teachers!



Danni has a great soothing voice. Easy to follow instructions. Paced perfectly.

-Keiko T.



Great consistent guidance on breathing. Great way to have someone lead you on salutations. Thanks!

-Margot L.



Danni's words of wisdom are much needed in my life right now and they really help.

-Darin P.

Audio Classes with Danni

on [MoveWith.com](https://www.movewith.com)

Stream Classes with Danni for [7 Days Free](#)

Danni's students resonate with his functional, but down-to-earth approach and ability to combine the mentally restorative aspects of yoga with the functional physical work that it entails. Stream at <https://www.movewith.com/join/dannipomplun>.



Get Your First 14 Days Free

Get your all-access pass to 1,000+ premium online yoga classes led by top teachers for just \$15/month. Start your 14-day FREE trial today!

START YOUR FREE TRIAL

Danni Pomplun

A Featured Teacher on
[MyYogaWorks.com](#)

Get Free 30 Day Trial to Preview with code “DANNI”

Danni Pomplun is a featured teacher on MyYogaWorks – the online yoga platform with videos from YogaWorks teachers.

PODCAST

The Yogi Misfit Sessions with
Danni Pomplun

Every Wednesday you can stream a new episode of The Yogi Misfit Sessions via iTunes, Spotify, Google Play or straight from www.dannipomplun.com. Everyday conversations with yogis from all over the world, with over 35,000 downloads to date. Listen in and enjoy!



MINI BLOG

"In the last few days I have been reflecting on my path and journey with yoga. I've been able to experience some really cool things, traveled for retreats, learned how other communities grow, and taught my passion to those in different cities. When I go deeper into these thoughts, I am reminded how much community can uplift. I remember that there were times when I wasn't shining as brightly as I am now. I know not all days are going to be sunny skies but as they say, 'I get by with a little help from my friends.' My yoga community is it. They're my freaks and geeks, my band nerds, my odd men out, my favorite human connections. See you on the mat. Much love and good vibes."

Ambassador

Lululemon • Manduka • One Love Movement •
Wanderlust • MoveWith Coach • Health-Aid
Kombucha • Warrior Addict • Ohmme • Fierce
Calm • Inner Fire • Asana Rebel

Recognitions

One of SF's Top Teachers movewith.com, Spark 25
WeTravel's Top 10 Teachers to Follow, 2017

Author + Contributor

"When to Jump"

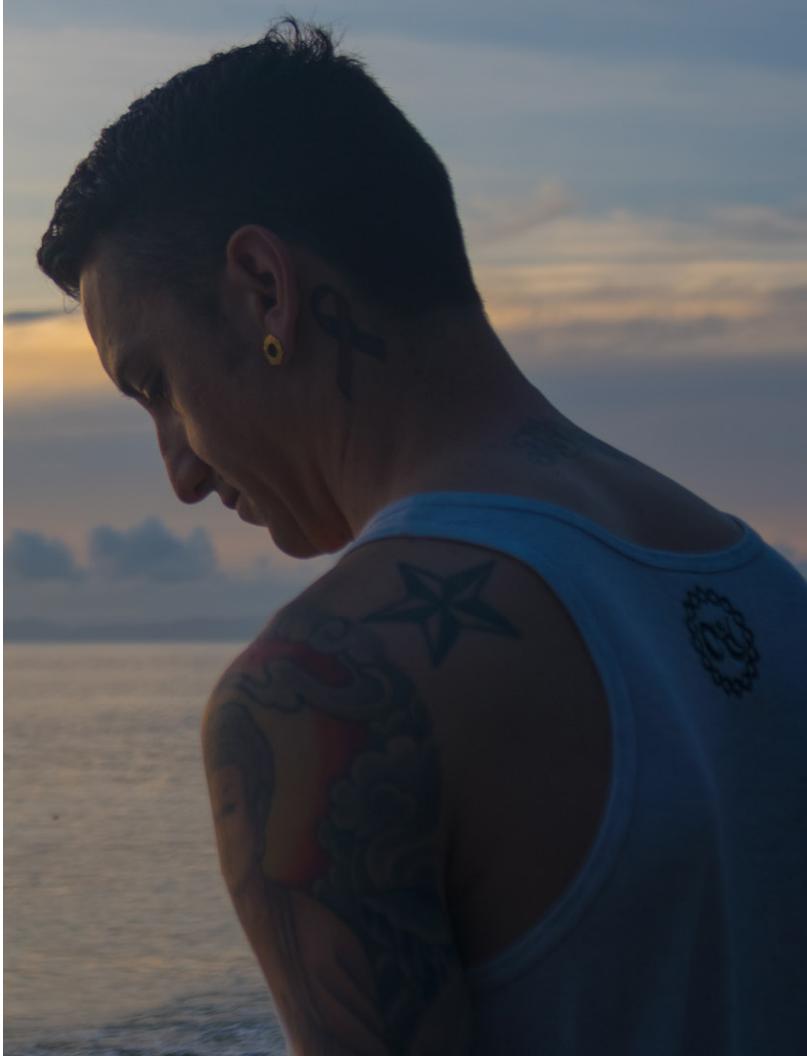
Available on Amazon

**"The Yogi Entrepreneur: A Guide to Earning a
Mindful Living Through Yoga"**

Available on Amazon

**Featured on VICE's popular Tonic blog "I was
suicidal and addicted to drugs before I found
yoga" [Read the article](#)**

+ MORE! SF Yoga Magazine, Manduka.com + MoveWith.com.



Check out what he's

Find the Fun, Fight the Fear: An Inversion Experience

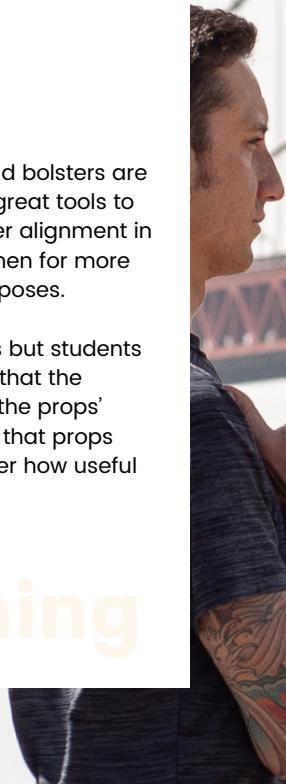
Face your fears, and learn proper alignment to fly. Let yourself go in this workshop that is guaranteed to get the core working and the adrenaline pumping. After a warm up practice, the class will break down the basics of handstand and crow -- the major gateways to an inversion practice. After a solid exploration of these shapes, there will be time to explore other arm balances, inversions, and flows. We will also cover strategies for understanding and overcoming fear. This class will challenge your resolve and allow you to more fully explore the amazing possibilities in your practice.

Prop Party

Props rock! Props like blocks, blankets, straps and bolsters are not just for injuries and modifications. They are great tools to help you find more and ease, comfort, and better alignment in advanced postures. Props can help you strengthen for more complexity and access different muscles in the poses.

I've seen a teacher call for certain props in class but students will either be unaware of how to utilize props, or that the ego kicks in and students are suddenly blind to the props' existence. In this workshop, we'll dispel the myth that props are for a certain body type or ability and discover how useful they really are.

currently teaching



Check out what he's

Chanting and Chakras

There is a direct connection between the throat and heart (between our words and how they make us and others feel). Chanting is vibrational sound energy which can be very healing, and is seen in many cultures. We will move through a focused and strong practice connected to the throat and heart chakras that will help you feel and open up—in some likely unexpected ways. We'll also dig into where chanting comes from, and why it is so powerful.

Click here to

HOST DANNI AT YOUR STUDIO
OR NEXT EVENT

Connection through Contact

A physical adjustment or assist is a very powerful way to make connection with our students. We will practice together and then partner off working with each other to practice hands-on approaches in a way that makes your students feel supported, safe, and encouraged to go deeper into their practice. You will have a deeper understanding of range of motion and when it's appropriate to assist. You will also learn how to identify prana and apana (lines of energy) within a posture to better assist your students, and become acquainted with the four factors of assisting (familiarity, trust, timing, and student body awareness).

currently teaching

THANK YOU!



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dannipomplun.com

+ For media requests, please contact
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Danni Pomplun YOGA