

STEP INTO YOUR GREATNESS

Community + Strength + Smart Heart



Danni Pomplun Media Kit 2021





EDUCATOR, CREATOR, ACTIVIST, YOGI



I turned to yoga when there was nothing left. I had a rough childhood and lived on my own by the time I was 16. I turned to drugs and alcohol as vices; I succumbed to depression, suicide, and surrounded myself with anyone and anything to avoid confronting my reality of a life in decline. After I lost a partner, and had a cancer scare, I continued to lean into self-destructive behavior. We all have our limits, and I hit mine but yoga found me when I needed it most. Yoga met me where I was — not judging me, but demanding my attention.



WORKSHOPS + FESTIVALS + EXPERIENCES

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.



FESTIVALS

Wanderlust

2019

Gratitude Festival UK

2019, 2020

Asheville Yoga Festival

2018, 2019, 2020

One Love Movement

2018, 2019, 2020

Barefoot and Free Yoga Festival

2018, 2019, 2020

Mammoth Yoga Festival

2018, 2020

San Diego Yoga Festival

2017, 2018, 2019, 2020

Sedona Yoga Festival

2018, 2020

TEACHER TRAINING

Yoga Tree

200 Hour Teacher Training

2018, 2019, 2020

Blue Osa

200 Hour Retreat Teacher Training

2018, 2019, 2020

Wheel House

200 Hour Teacher Training

2018, 2019, 2020

Hope Yoga

200 Hour Teacher Training

2019, 2020

Maze Method

200 Hour Teacher Training

2020

Bali Soulshine

200 Hour Teacher Training

2020, 2021

Yoga Tree

500 Hour Teacher Training
(in partnership with Noah Maze)

2020

Detroit Yoga Lab

500 Hour Teacher Training

2020



WE THRIVE WHEN WE HELP OTHERS THRIVE

@Danni Pomplun

WORKSHOPS + MASTERCLASSES AT

Yoga Tree (CA)

Yoga Works (CA)

Ocean Yoga (CA)

House of Yoga (CA)

Thrive Santa Fe (NM)

Yoga on the Lake (WI)

Inner Fire Yoga (WI)

Vibe (IN)

Love Story Yoga (CA)

Zen Yoga Garage (IL)

Detroit Yoga Lab (MI)

Movement Lab (MD)

Pure Yoga (NY)

1440 Multiversity (CA)

+ MORE!



10 Day Online Yoga Challenge “Journey to Strength”

Featured in Yoga Journal + My Yoga Works

Practice Online

Practice Tips & Classes at:

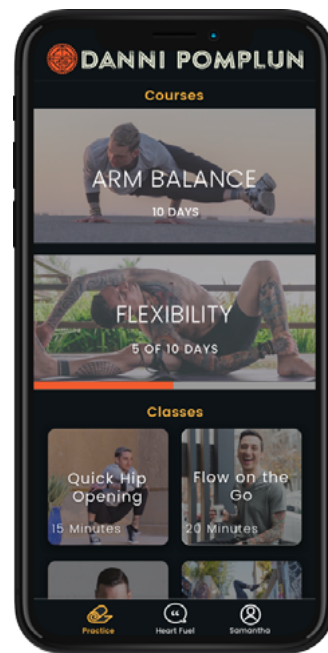
- DanniPomplun.com
- [Yoga International](#)
- [Danni Pomplun Yoga App 2020](#)

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

Audio Classes with Danni

on [MoveWith.com](#) + [Audible.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.



yoga journal partner

my yoga works
ONLINE YOGA CLASSES

JOURNEY TO
STRENGTH

WITH DANNI POMPLUN

10-DAY ONLINE YOGA CHALLENGE
FEBRUARY 18 - 27

JOIN THE CHALLENGE

Emails from our partners help keep Yoga Journal free for you, our readers.



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.



Get Your First 14 Days Free

Get your all-access pass to 1,300+ premium online yoga classes led by top teachers for just \$15/month. Start your 14-day FREE trial today!

START YOUR FREE TRIAL

DANNI PUMPLUN

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.



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TrustScore 4.5 | 1,982 reviews



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YogaInternational.com

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

PODCAST

The SEEKER + SAGE Sessions with Danni Pomplun

Every Wednesday you can stream a new episode of The SEEKER + SAGE Sessions via iTunes, Spotify, Google Play or straight from www.dannipomplun.com. Everyday conversations with yogis from all over the world, with over 100,000 downloads to date. Listen in and enjoy!



BLOG FEATURE

1. [A Place of Inspiration for Intention](#)
2. [Home Restore Sequence](#)
3. [Why I Yoga](#)

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



CHECK OUT WHAT HE'S CURRENTLY TEACHING

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 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.

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).



yoga journal



AS SEEN IN



How to book

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www.dannipomplun.com

THANK YOU!



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+ For media requests, please contact

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DANNI POMPLUN
COMMUNITY | STRENGTH | HEART | SMART