Rashan Abuhamdeh

Rashan enjoys teaching at San Francisco State University because she enjoys making a difference in academic communities that promote education and foster unity. It’s her philosophy that dancing has the power to heal. She maintains the utmost respect for students and staff who make a stand for their beliefs; it is this determination that pushes her to thrive. Dance has always been her life line. It keeps her mind focused and her heart disciplined. She cares about the people around her and she will do what she can to help you succeed.

She currently teaches Zumba and Beginner Pilates.
Adair Boatman

Adair has a passion for bringing the positive benefits of PiYo, Gentle Flow, and Restorative Yoga to people of all ages and abilities. She enjoys teaching at San Francisco State University because of the great energy her participants bring into each class. She is lucky to do what she loves and share her expertise with everyone who joins her class. Her first introduction to PiYo (a blend of Pilates & yoga) began in her hometown, Chicago, before relocated to 8 years ago to San Francisco, where she has never stopped learning and growing. She has a particular passion for Restorative Yoga and earned her 200-hour yoga certification from Yoga Tree in San Francisco. In addition, she has acquired PiYo, Restorative, Relax and Renew training.
Michele Borichewski

Michele says one of the special parts about teaching at SFSU is the level of commitment and dedication she has seen in students over the years. She considers it an honor to continue introducing and guiding old and new students through their yoga practice. Her passion for teaching stems directly from personally experiencing the transformative powers of yoga. “Nothing is more fulfilling than being able to share this with my students and watch them grow within their own practice.”

She has personally experienced the profound ability that yoga has to heal both the body and mind. After suffering a spinal injury as a child, followed by years of unsuccessful therapy, she began to seek an alternative approach to treatment. This led her to yoga. A dramatic improvement made it clear to her what her life's mission would be: introducing people to the therapeutic benefits of yoga. She currently works as a yoga and Pilates instructor in the San Francisco Bay area. She has a wide array of clients with varying needs ranging from beginners to those working to rehabilitate injuries. She conducts Back Care Workshops, and has worked with Kaiser Permanente as an instructor for their health and wellness fairs and finds joy in every individual she is able to touch and heal through the power of yoga.

Michelle holds 200 E-RYT, Yoga for Scoliosis and Back Care, and Pilates Mat certifications.
Brandon Bui

Brandon loves teaching yoga at SFSU because he enjoys the openness of students to learn and accept new ideas. This thirst for knowledge allows him to show people that the science of yoga is much more than sets of postures. Following Brandon’s first experience in a Kundalini Power Vinyasa class, it became his purpose to share the gift of yoga with others, while continuing to learn and grow with each passing moment.

Brandon teaches a classic Hatha yoga style to increase and maintain flexibility of the spine and open up the center channel in the energetic body. He found yoga and meditation as a means to relieve anxiety, stress, tension, and constant concern. He also teaches Hatha and Vinyasa for Yoga to the People, Yoga Society of SF and the Moksha Life Center.

Brandon holds RYT 200 Yoga Alliance certification and is a Member of the Hatha Yoga Committee at the Yoga Society of SF.
Jeff loves teaching at San Francisco State University because it feels like his home. He finds that everyone who comes to take yoga is usually fairly new, very curious, and always happy after they allow themselves to open up and practice a strange exercise in front of a room full of strangers. His classes are a consistent flow that emphasize alignment in order to build towards strong poses, reminding students that “strong” is a relative term for each individual each day. Every practice is an opportunity to become aware of where you are and learn where you can strive to next. His yogic journey began in 2006 after an unfortunate accident. Upon recovery, he took his first yoga class and couldn't stop smiling. He then realized that beyond the physical practice, yoga is a mental, emotional, and spiritual sanctuary which can be learned anywhere, practiced at any time, to bring oneself to a calm center.

Jeff moved to San Francisco in 2009 and completed 300 hours of teacher trainings through Yoga Tree while receiving his Bachelor's Degree in Philosophy from SF State.
Clara Davis

Clara likes teaching at San Francisco State University because she wants to bring fitness to campus life. She believes it is very difficult to be healthy when you are a student and constantly under stress from classes, so she wants to help students and staff achieve a healthy lifestyle and look forward to working out. She loves teaching because it brings her joy to see other people letting loose and dancing for the fun of it. “Working out is tough, but dancing to your favorite songs is not!” She is a current graduate student at San Francisco State University working on a master’s degree in nursing. During her undergraduate career, she competed as a Division I track and field athlete, specializing in pole vault. In her free time, she loves taking care of her pet gecko, duck, chicken, and dog.

Clara currently teaches Cardio Hip Hop.
Elsa Karpasitis

Elsa enjoys holding space for students and faculty alike to tune into their mind, body, and, most importantly, breath. As someone who was introduced to yoga in college, she feels it is now her turn to pass on this gift. Initially coming to yoga as a casual practitioner, she can testify first-hand on the endless and multifaceted benefits that arise from a regular practice. “For a teacher, nothing is more joyous than witnessing the gradual and deep changes in her students. I am on a personal mission to empower and teach people to inhabit their body mindfully, to stand up straight and with dignity, and to breathe deeply and clearly.” She is a long-distance runner and practices Ashtanga, Vinyasa, and Gentle Restorative Flow.

Having experienced various injuries over the years, she has always found comfort and strength in her asana and breathing practice. She dabbles in AcroYoga and Thai massage, and is always happy to offer therapeutic assistance. She was born and raised on the island of Cyprus, and spent her college years on the east coast of the US studying Marine Ecology and Environmental Science. She’s a home-brewer and once did a TEDx talk on craft beer. She loves pancakes, hot sauce, and Star Trek.

She received her yoga teacher certification at Yoga Tree SF.
Rasa Vitalia

Rasa is an award-winning professional dance performer, vocalist, songwriter, and performance artist. She is an instructor of Belly Dance Basics, Samba+Belly Dance Fusion, and teaches workshops in dance studios within the San Francisco Bay Area, and throughout the U.S. on request. Her approach to dance instruction is the focus on the healing & primal qualities of dance. She cites various artists who have helped her polish her skills over the years. She is certified under both the classic method of Jamila Salimpour School of Belly Dance, and the current method of the Suhalia Salimpour School of Belly Dance. She has performed in New York City, San Francisco, Chicago, Toronto, and New Orleans at various venues such as the Apollo Theater in Harlem, the Slipper Room in New York City, the House of Blues in New Orleans, the Stratosphere in Las Vegas, and the Fillmore in San Francisco. She loves teaching because she likes to inspire the joy of dance in others and share in the experience of the enthusiasm of dance.
Jacalyn states that “it is an honor to teach yoga to the faculty and staff at San Francisco State University, assisting hardworking people who spend their leisure time prioritizing their health and well-being.” She believes it is gratifying to witness students experiencing the physical benefits of a stronger, healthier and more flexible body. She also believes students experience the more subtle effects of Kripalu Yoga, such as being kinder to self and others, learning to listen and respect intuitive wisdom, and quieting the mind. By cultivating self-acceptance, mindfulness and compassion in class, her yoga students can bring these skills to their life off the mat. She has been practicing yoga since 1978 and teaching Kripalu Yoga since 2002. In addition to teaching at San Francisco State University, she has taught hundreds of beginner yoga students throughout the Bay Area, including seniors and individuals living with cancer and other life threatening illnesses. She welcomes first time yoga students or longtime practitioners to join her in this transformational practice.
Peter Wong

Peter enjoys the openness of students, faculty and staff at San Francisco State University at learning and exploring different physical activities and styles of yoga that are offered to them. He believes that yoga is less about a competitive attitude – or what brand of yoga attire a participant wears – but more about exploring and having fun.

He loves holding space and making students feel safe and welcome in his classes. He understands how daunting walking into a yoga class can be, especially if you have never practiced yoga before. That being said, he wants to limit intimidation and enable students to quiet their minds and get in touch with their body. He states that he is a “non-traditional yogi full of contradictions!”

He received his yoga teacher certification at Yoga Tree SF. The style of yoga he practices and teaches are Hatha Flow and Restorative Yoga.