Group Fitness Instructors

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.
Anita Chan

Anita loves the diversity & energy from the students at SFSU. Having been a student for most her life, she understands the academic stress & life as a student.

She wants to create a fun outlet for students to have a good time, get their workouts in, and relieve stress! In addition to being a Fitness Instructor, she is also a full time Registered Nurse who promotes wellness & fitness.

She welcomes you with any questions you may have – and especially a spot on the dance floor to Zumba with her!
Jeff Cope

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.
Emily believes SF State is a unique place to teach because of its commitment to student growth. Principle values such as resiliency, community and courage are deeply supported by the Gator community, and she is happy to be witness that experience. She loves watching her participants develop and transform.

She affirms, “It is inspiring to see how practicing meditation, stretching, and creative moment can contribute to academic, personal, and professional success in unexpected ways.”

Emily relocated from Southern California to the Bay Area in December 2016 to become a health educator for the department of Alcohol, Tobacco, and Other Drugs at SF State. She holds a Bachelor of Arts Degree in Holistic Health and a minor in Performing Arts from Cal State Channel Islands. In addition, she is a Reiki Practitioner, professional Belly Dance performer, teacher and entertainer in the Southern California area.

Emily currently teaches Belly Dance and meditation at SF State.
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.
Laura Nolan

Laura loves teaching at SFSU because she is a SFSU student herself. She is grateful for the opportunity to offer a relaxing, safe environment for the SFSU community to unwind and practice yoga together. She fell in love with yoga as a means of reconnecting with her body and cultivating peace. She appreciates the radical potential of yoga to heal bodies and minds. As an Integral Health Fellow at Niroga Institute, she provides trauma-sensitive, alignment-focused yoga classes to under-served populations at no cost. Her yoga classes weave together physical postures, breathing techniques, and mindfulness to invite thoughtful movement in the body. Her classes are for people of all ages, shapes, identities, and ability levels.

Laura completed 200 hour yoga teacher trainings with Infinite Yoga and Niroga Institute. She has received additional mindfulness and yoga training through Mindful Schools and Esalen Institute. She currently teaches Vinyasa Yoga at SFSU.
Jacalyn White

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.