

Rosabeth Dorfhuber, M.A., R.Y.T., G.A.I.T.

Rosabeth received her master's and bachelor's degrees from San Francisco State University in 1991 and 1988 respectively and was nominated for Outstanding Graduate Student for the School of Education at San Francisco State University in 1992. Rosabeth is a Registered Yoga Teacher (RYT). This designation certifies that she has had a minimal of 200 hours of instruction in how to teach yoga through Yoga Alliance, a national organization monitoring yoga instructors. Rosabeth also assists in yoga teacher trainings at "Let it Go Yoga", the yoga studio where she studied and earned her certification. Her experience in teacher training includes work in three teacher trainings for a total of 96 hours of training yoga teachers. She also mentors newly certified up and coming yoga teachers. Rosabeth has earned 6 separate certificates in Yoga; Hatha Yoga, Ashtanga Yoga, Let it Go Yoga, Restorative Yoga, Yoga Therapy and Yoga Lifestyles.

She has been teaching at SBCC since January 2001. Prior to teaching at SBCC, Rosabeth taught at California State University Northridge (CSUN), and Cabrillo College. She was also a teaching assistant at San Francisco State University. Classes taught at SBCC include: Yoga, Stretch and Relaxation, and Aerobics. She also holds a G.A.I.T. (Gold's Aerobic Instructor Training) certificate.

Rosabeth's work in teaching yoga to athletes includes time spent at Jaeger Pro Camp for MLB and Minor League baseball pitchers, Premier One Soccer Camp, SBCC's women's basketball team (teaching them yoga, breathing and visualization techniques and stretching since 2004), football team - teaching the team's punters and kickers yoga. She has also worked with city college athletes in the following sports: other football positions, baseball, softball, track & field, cross country and polo. Her students have enjoyed tremendous success in their chosen sports!

Rosabeth teaches yoga to all levels of students at SBCC. She specializes in "Yoga for Athletes". She has private and group classes from her studio in Carpinteria.

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