
Abigail M. Felicano

Current Employment:

Bikram Yoga Union Square
Some Like It Hot

Private Clientele

917-861-6880
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Professional Summary

Abigail Felicano is a passionate, intelligent and accomplished yoga instructor and gifted body worker. She teaches at Bikram Yoga Union Square and Some Like It Hot studios in Manhattan. She also teaches private classes and administers healing massage to a select private clientele throughout the city.

Ms. Felicano practices and teaches Hatha-Raja Yoga at the Dharma Mittra Yoga Center where she graduated in the Summer of 2005 with the distinction of Best Student. Graduating in Spring 2003 from Bikram College of India, Abigail won the Best Overall Yogini award.

A student and teacher of Tibetan Heart Yoga Series 4, 5, 6 and 7 by Geshe Michael Roche and Christine Mc Nelly. balances Abigail's strong physical yoga with the yoga of Tibetan Buddhism to add stillness, surrender and contemplation to her practice.

Having spent seven years in the chiropractic industry prior to obtaining her yoga certifications, Ms. Felicano brings a well-rounded, enthusiastic and intuitive knowledge of the body to both her yoga classes and her body work sessions. Abigail continually adds to her repertoire of healing modalities to provide the most comprehensive, all inclusive, nurturing, inspiring and healing combinations to her select clients.

She continues to make appearances on television and on stage where she clearly demonstrates her unique abilities in performing advanced Yoga postures with a beautiful smile and a politically incorrect sense of humor that unites the class in laughter.

Current Positions

- Bikram Yoga Union Square September 2007 - Present
- Hatha and Hot Yoga Instructor, Some Like It Hot July 2006 – Present
- Hatha-Raja Yoga Instructor, Dharma Mittra Yoga Center July 2005 – Present

Certifications

- Bikram College of India Spring 2003
- Dharma Mittra Yoga Center Summer 2005
- Tibetan Heart Yoga Series 4,5,6,7 (led by Geshe Michael Roche) Spring 2006
- Hawaiiin Lomi-Lomi massage (led by Tom Cochran) Spring 2007
- Certified Tantra Educator (led by Charles Muir and Leah Alchin) Summer 2007
- Level I and II Traditional Thai Massage (led by Al Turner) November 2007
- Level I and II Traditional Thai Massage (Loi Kroh Massage School) Spring 2008

- Level I and II Therapeutic Thai Massage (led by Mike Tan) Spring 2008
- Foot Reflexology (Loi Kroh Massage School) spring 2008
- Level I Shiatsu (led by Ohashi) December 2008

Prior Yoga Experience

- Hot Yoga Instructor, David Barton Gym November 2004 – March 2008
- Hatha-Raja Yoga Instructor, The Three Jewels June 2006 – March 2007
- Hatha-Raja Yoga Instructor, New York Racquet Club August 2006 – March 2007
- Hour Power Yoga Instructor, Naga Yoga September 2006 – December 2006
- Bikram Yoga Instructor, Bikram NYC December 2003 – June 2006
- Bikram Yoga Instructor, Chelsea, NY December 2003 – January 2004
- Bikram Yoga Instructor, Westchester, NY October 2003 – December 2003
- Bikram Yoga Instructor, Phoenix, AZ June 2003 – July 2003

Awards

- Best Student, Dharma Mittra Yoga Center Training Summer 2005
- Best "Overall" Yogini, Bikram College of India Spring 2003

Live Performances

- Bump, New York, NY June 2005
Performed advanced yoga postures to music
- Dharma Mittra Yoga Center, New York, NY May 2005
Performed advanced yoga postures for Dharma's Birthday
- Galapagos, Brooklyn, NY April 2005
Performed with Cirque Du Chat Noir
- Viper Room, Los Angeles, CA February 2005
Performed advanced yoga postures on stage to live music

Television Appearances

- Fox 5 Morning News October 2005
- 60 Minutes June 2005
- WNBC - Jane's New York City Girls May 2004
- Fox 5 Evening News March 2004

Other Health-related Experience

- Chiropractic Assistant 1995 – 2002, 2007
Duties include operating front desk, billing, filing, public relations, inventory control, insurance claim processing, and documentation of legal disputes

Health-related Conferences

- Schofield Chiropractic Training 1995 – 2002
Attended over 80 Schofield Chiropractic Training conferences -
Topics included office training, nutrition, natural supplements,
self motivation and personal improvement

Languages

- English – US citizen since 1991
- Tagalog – Native of Philippines

Education

- Solano Community College, Fairfield, CA 1992 – 1993
General education courses including English as a second language
- Emilio Aguinaldo College, Manila, Philippines August 1990 – December 1990
Completed first semester at School of Nursing
- Saint Rita College, Manila, Philippines 1990
High School Diploma
References available upon request