

LIZA PICCOLI

CERTIFIED YOGA TEACHER | DANCE EDUCATOR | MOVEMENT & WELLNESS FACILITATOR
New York, NY | Liza.a.piccoli@gmail.com | lizapiccoli.com | @lizastinyflowclub

CERTIFICATIONS & EDUCATION

200-Hour RYT – Y7 Studio, NYC (2025)
NASM Certified Personal Trainer (in progress)

BFA in Dance (Jazz) – Point Park University, Magna Cum Laude, 2022

SELECTED EXPERIENCE

Founder & Yoga Instructor | Liza's Tiny Flow Club | 2025–Present

- Lead vinyasa-based yoga classes in Central Park and private sessions tailored to artists, creatives, and mental health support clients
- Integrate breathwork, functional strength, music, and somatic practices into class themes
- Produce branded content, rituals, and flow previews through social media and website

Guest Faculty & Yoga for Dancers Instructor | Inspire Dance Complex | 2024–Present

- Guest choreographer for multiple competitive seasons; pieces recognized for originality and execution
- Teach yoga-based recovery and mobility classes to competitive dancers with a focus on nervous system regulation, flexibility, and breath awareness

Teacher & Choreographer | Elite Dance Academy | 2023–Present

- Teach technique, conditioning, and choreography to competitive students ranging from minis to seniors
- Set high-scoring, award winning routines across styles including contemporary, lyrical, and jazz
- Offer private coaching, cross-training programs, and performance mentoring

Guest Teacher | Broadway Dance Center – Dance Teacher Workshop | 2023

- Presented workshops on integrating yoga and injury-preventative conditioning into daily dance classes
- Worked with dance educators nationwide on classroom strategy and creative sequencing

Choreographer & Competition Director | Piccoli Dance Theatre | 2016–2018

- Directed all aspects of the competitive team including training schedules, rehearsal structure, and dancer mentorship
- Choreographed contemporary, lyrical, jazz, tap and musical theatre routines for soloists and groups; received choreography and performance awards
- Emphasized creativity, emotional storytelling, and dancer wellness in every piece

SPECIALTIES

Vinyasa Flow, Yoga for Dancers, Breathwork, Mobility, Injury Prevention, Creative Sequencing, Somatic Practice, Private Sessions, Youth Mentorship, Outdoor/Community-Based Instruction, Zoom Instruction

AVAILABILITY

In studio teaching, private sessions, guest teaching, choreography, masterclasses, and wellness collaborations.

REFERENCES

Casey Layne Anderson: casey@y7-studio.com, Amanda Gloria Valdez: amanda@y7-studio.com, Angelica Alonso: angelyoga111@gmail.com

