

Seda Günlaltay

+90 541 772 32 50

sedagunalta@gmail.com

www.sedagunalta.com

Instagram: @SedaGunaltaYoga

PROFESSIONAL PROFILE

Senior Yoga Teacher, Yoga Teacher Trainer, and Movement Educator with over 15 years of experience in yoga instruction, teacher education, anatomy, functional movement, and rehabilitation-based movement systems. Experienced in designing and delivering internationally recognized Yoga Alliance teacher trainings, mentoring yoga teachers, and integrating evidence-based movement education into yoga practice.

CERTIFICATIONS

- **Z-Health University**
 - R-Phase Practitioner
 - Essentials of Elite Performance (EEP)
- **Inside Flow**
 - Junior Teacher

2020–Present: Continuing to provide 200- and 300-hour Yoga Alliance certified trainings at Seda Günlaltay Yoga School, meeting international standards.

19/11/2009 – September 2021

PART-TIME ACADEMIC • YOGA INSTRUCTOR, BILKENT UNIVERSITY PHYSICAL EDUCATION AND SPORTS CENTER

- Credit courses taught: Beginner Yoga PE 176, Intermediate Yoga PE 177, Vinyasa Yoga PE 173
- Courses: Beginner Yoga, Advanced Yoga, Acro Yoga, Yin Yoga, Pranayama, and Meditation
- GE100 presentations and group briefings
- Coordination of credit courses (planning, determining assessment criteria, evaluating and adjusting learning outcomes, translating exam questions into English for non-English speaking instructors)
- Facility orientation for foreign instructors (in English)
- Annual Yoga activities at Spring Festivals (Adult Yoga, Partner Yoga, and Mother-Child Yoga)
- Assigned duties in events jointly organized with the Indian Embassy

03/2001 – 04/2009

SPECIALIST BIOLOGIST • HEAD OF COAGULATION UNIT, ANKARA UNIVERSITY INSTITUTE

OF HEALTH SCIENCES, HEMATODIAGNOSTICS DEPARTMENT

- International standardization and implementation of all tests conducted in the coagulation unit
- Conducting coagulation tests in medical specialization theses
- Providing training for laboratory staff
- Device application operations and training

EDUCATION

GRADUATED: 2008

Ankara University Institute of Health Sciences, Hematodiagnostics Master's Program, Ankara

GRADUATED: 2000

Hacettepe University Faculty of Science, Department of Biology, Ankara

GRADUATED: 1993

Turkish Maarif College, Nicosia, Cyprus

CERTIFICATIONS

- 2023 Insideflow Official Junior Level Teacher, Young Ho Kim
- 2021 Aligned Yoga – 300 Hr, Briny Smith
- 2011 Chris Chavez – 200 Hours Yoga
- 2012 Active Birth Educator, Janet Balaskas
- Experienced Yoga Teacher (E-RYT200, E-RYT300, E-RYT500)
- 2nd Level Yoga Coach, Turkish Sports for All Federation
- Yoga Alliance Advanced Yoga School RYS200, RYS300
- 2014 Chris Chavez – 300 Hours Yoga Teacher Training
- 2011 Chris Chavez – 200 Hours Yoga Teacher Training

PROFESSIONAL TRAINING & WORKSHOPS

2026- 200-300 Aligned yoga In person training Co-Teacher -Thailand

2026 Insideflow European summit- Budapest

2025 Insideflow Global summit- Thailand

2025- 200-300 hr Teaching assistant - Aligned yoga with Briohny Smyth- Thailand

2025- Z health University -R phase therapist

2024 Z Health Neuroessentials of Elite Performance Training

2024 Insideflow Global Summit, Bali, 50 hrs

2024 September, Rebecca Hannah, Art of Flexibility – Backbends, Sicily

2024 May Dharma Mittra Workshop, Indaba Yoga UK

2024 Insideflow Level Up Training, Young Ho Kim

2024 Insideflow Build Up Workshop, Hie Kim

2024 March Vienna Yoga Festival – Matt Giordano, Matthew Bouldron, Hie Kim
2023 Insideflow Jr Teacher Training, 40 hrs
2023 Martasya Yoga Academy – Sequencing Workshop, 20 hrs
2023 Martasya Yoga Academy – Level 2 Training, 30 hrs
2022 Insideflow Global Summit, Bali, 50 hrs
2021 Yoga with Aligned – Briny Smith 300 Hr Yoga Alliance Training
2019 Marysia Do – Arm Balance Workshop
2018 Jerome Burdi – Dharma Yoga Workshop
2017 Dylan Werner – Fascia Course
2015 Turkish Sports for All Federation – Yoga Coach Certification
2015 David Cornwell – Mindfulness Meditation Training
2015 Chris Chavez – Master Path, Teaching Assistant
2013–2014 Chris Chavez – 300 Hours Yoga Teacher Training (Yoga Alliance Certified)
2012 June – Mind Body Festival, Istanbul
2012 December – Sianna Sherman “Teaching by Form,” Istanbul
2012 April – Sianna Sherman & Theodor Kryakos, Cihangir Yoga, Istanbul
Janet Balaskas – Active Birth Training Parts 1 & 2
2011 September – Bliss Brothers, Cihangir Yoga, Istanbul
2011 June – “Love is Stronger than Fear,” Desiree Rumbaugh
2011 – Children’s Yoga for Ages 5–6, Yoga Darshan, Ankara
2010–2011 Chris Chavez – 200 Hours Yoga Teacher Training (Yoga Alliance Certified)
2009 Peter Sterios – Shadow Yoga Workshop
Integrating Yin/Yang Yoga and Mindfulness Meditation – Istanbul
2008 Godfrey Devereux – Integrity of Practice, Ankara
2007 The Life Center – Pregnancy Yoga Teacher Training, London
2007 Bodhi Ray – The Joy of Breath, Istanbul
2007 Tias Little – Prajna Yoga Continuing Education: Grounding, Istanbul
2007 Yogaworks, Los Angeles, USA
2006 Sarah Powers – Yin Yoga Teacher Training, Istanbul
2006 Shiva Rea – Workshop, Istanbul
2006 Tias Little – Prajna Yoga Continuing Education: Basics, Istanbul
2005 Godfrey Devereux – Vinyasa and Understanding Bandhas, Istanbul
2005 Zeynep Aksoy – 200 Hr Teacher Training, Independent Yoga Network
2004 Bodhi Ray – The Joy of Breath, Ankara
2003 Gurmukh Khaur Kalsa – Workshop, Istanbul