



INTRODUCING

Yayoi Hill
Personal Trainer and
Yoga Instructor



Everyone deserves opportunities to be healthier

My background is working as a licensed Physical Therapist in Japan for 11 years. I worked with patients with various conditions such as post stroke, neurological illness, arthritis, post surgery and chronic illness. Since I moved to the US, I continued to seek ways to help people while working at a PT/Sports clinic. I started up a yoga program and managed one of the fitness programs at the clinic. My yoga incorporates physical therapy knowledge into traditional yoga so that students get optimal benefits. I am also passionate about providing personalized yoga sessions for individual's specific needs. As a personal trainer, I love listening to each client's story, being able to help them bring fitness into their lives and achieve their goals. I am here to support clients and give them a little push to be healthier!

EDUCATION & CERTIFICATIONS

- BS in Health Science, Hirosaki University, Japan
- Physical Therapist, Licensed in Japan
- Elderly Care Manager, Licensed in Japan
- Yoga Alliance 200 Registered Yoga Teacher
- Certified Chair Yoga Teacher
- Completed 300-hour Yoga Teacher Training
- American Council on Exercise (ACE) Certified Personal Trainer
- CPR/First Aid/AED

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