SAM DWORKIS

Yoga Teacher, Author, and Educator

Education

1969 — Bachelor of Science, Arizona State University.

1975 — Master of Science, California State University.

Therapeutic Bodywork and Neuromuscular Training

1988–1991 — Completed professional training in therapeutic bodywork, obtaining licensure in 1988, followed by certification in neuromuscular therapy in 1991. This training provided the professional and clinical foundation for hands-on positioning, individualized structural adjustments, and specialized soft-tissue work within my yoga teaching.

Yoga Training and Teaching

1974 — Started practicing hatha yoga.

1975 — Began Iyengar yoga and later took first workshop with a senior Iyengar teacher.

1976 — Completed classical yoga teacher training to gain firsthand experience and better understand its differences from the Iyengar method.

1977 — Began teaching yoga as a full-time career.

1977–1986 — Founded and directed the Yoga Institute of Miami.

1977–1986 — Completed dozens of weekend, weeklong, and monthlong seminars with senior students of B.K.S. Iyengar throughout the United States, as well as in Canada, and Europe.

1978–1987 — Made five trips to Pune, India, for intensive study directly with B.K.S. Iyengar; also studied with him on four additional occasions in the United States.

1979–2020 — Led yoga workshops, seminars, and teacher-training programs extensively throughout the United States, as well as in Europe, Canada, and India.

1985 — Received Senior Intermediate Certification from the Iyengar Yoga Association of the United States (IYAUS), at the direction of B.K.S. Iyengar.

1985 — B.K.S. Iyengar visited the Yoga Institute of Miami to observe my teaching and offer personal guidance.

1986–1987 — Based in New York City, conducted independent yoga classes and traveled throughout the United States, as well as in Canada, and Austria leading weekend and full-week workshops.

1987–1994 — Founded and directed the Yoga Institute of Orlando and continued to lead weekend workshops nationwide.

1994 — Took a sabbatical in the Netherlands to write my first book, *ExTension Yoga*.

1995–2025 — While gradually reducing my teaching schedule, continued writing and offering private yoga instruction, individualized therapeutic sessions, and occasional weekend seminars.

Research and Professional Contributions

1986 — Participated with Dr. Andrew Junker in an investigation of brain-wave activity during yoga postures and meditation in Dayton, Ohio. The investigation is documented in the International Association of Yoga Therapists' research bibliography, *Psychophysiological Effects of Yoga*, page 68.

Publications and Online Educational Resources

1994 — *ExTension*, Simon & Schuster, English edition.

1994 — *ExTension*, A.W. Bruna, Dutch edition.

1996 — *ExTension*, Rowohlt, German edition.

1997 — *Recovery Yoga*, Crown Publishing Group.

1998 — *ExTension*, Achiasaf, Hebrew edition.

2000–Present — Established and developed www.extensionyoga.com as an educational resource.

2016 — *The Mechanics of Yoga*, first published on extensionyoga.com.

Present — Gives his three complete books—*ExTension Yoga*, *Recovery Yoga*, and *The Mechanics of Yoga*—along with *Reflections & Commentary*, a collection of 50 essays, freely available to read or download at www.extensionyoga.com.

Current Status

Retired from daily teaching. Continues to make decades of yoga teaching experience and educational writing freely available to teachers, students, and the wider yoga community.