

Stanford

Terri Lyn Yamamoto

Teaching Specialist

Recreation & Wellness Operations

Bio

ACADEMIC APPOINTMENTS

- Other Teaching Staff-Hourly, Recreation & Wellness Operations

Teaching

COURSES

2025-26

- Power Yoga: PHYSWELL 86 (Aut, Win, Spr)
- Yoga/Pilates Fusion: PHYSWELL 84 (Aut, Win, Spr)

2024-25

- Flow Yoga: PHYSWELL 83 (Aut)
- Power Yoga: PHYSWELL 86 (Win, Spr)
- Yoga for Stress Management: PHYSWELL 80 (Aut)
- Yoga/Pilates Fusion: PHYSWELL 84 (Aut, Win, Spr)

2023-24

- Power Yoga: PHYSWELL 86 (Aut, Win, Spr)
- Stretch, Release, Relax: PHYSWELL 82 (Aut, Win, Spr)
- Yoga/Pilates Fusion: PHYSWELL 84 (Aut, Win, Spr)

2022-23

- Barre Fusion: PHYSWELL 6 (Aut)
- Power Yoga: PHYSWELL 86 (Aut, Win, Spr)
- Stretch, Release, Relax: PHYSWELL 82 (Aut, Win, Spr)
- Yoga/Pilates Fusion: PHYSWELL 84 (Win, Spr)