

ZOE MANTARAKIS

Office: Belmont Hall, University of Texas, Austin

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Interest: Finding modern relevance and application for the ancient healing art and science of Yoga.

EDUCATION

Bachelor of Arts, 2000

University of California, Berkeley, Philosophy

PROFESSIONAL CERTIFICATIONS

Certified Yoga Continuing Education Provider, 2014

Yoga Alliance, YACEP

Certified Yoga School; Teacher Trainer, 2012

Yoga Alliance, RYS

Certified Yoga Teacher, 2012

Yoga Alliance, E-RYT

Yoga Teaching Mentorship, 2002

Healing in Yoga, 200hrs

EMPLOYMENT

2019 - present

Assistant Professor of Practice in Yoga, Department of Kinesiology and Health Education, UT Austin

2017 - 2019

Senior Recreational Sports Specialist, Kinesiology and Health Education, UT Austin

2014 - 2016

Owner, Yoga Illumined studio. Austin, TX

2012 - present

Yoga Teacher Trainer

2002 - present

Yoga Instructor

PUBLICATIONS & RESEARCH

Self-printed Manuals for Trainings & Workshops

Mantarakis, Zoe (2021) [Intro to Yoga Manual](#)

Mantarakis, Zoe (2017) [The Divine Feminine](#)

Mantarakis, Zoe (2016) [Deeper Studies in Yoga](#)

Mantarakis, Zoe & Devi, Sumukhi (2012) [Yoga Illumined: 200hr Teacher Training Manual](#)

Mantarakis, Zoe & Parker, Gioconda (2012) [Unfolding the Lotus: Notes on the Bhagavad Gita](#)

Published Magazine Articles

“I Wish...” MANTRA magazine, 2013

“Yoga Poetry for Conscious Culture” ORIGIN magazine, issue #8 by THRIVE, 2012

“Stretch Before You Go” L-Style/G-Style magazine, 2011

“Stretch Your Limits” L-Style/G-Style magazine, 2011

“Own Your Core” L-Style/G-Style magazine, 2011

“Challenge Your Core” L-Style/G-Style magazine, 2009

“The Practice of Yoga” L-Style/G-Style magazine, 2009

Media/Press

“Green Juice & Tequila” podcast, Season 2, Episode 2, June 2020

<https://podcasts.apple.com/us/podcast/s2-e21-yoga-degree-yoga-business-austins-yoga-teacher/id1484196798?i=1000478651579>

Austin Public Radio interview, Dec 2020

<https://drive.google.com/file/d/1MGeWEQlhqB4nStQqWI27j2bxU4eRj9el/view>

“Austin Parent Entrepreneurs” featured interview, Wild Family TV, 2015

<https://www.youtube.com/watch?v=Ghn6b-G1kql>

“Reality is, There is Plenty of Love” featured interview, Wanderlust, 2015

<https://wanderlust.com/journal/zoe-mantarakis-reality-plenty-love/>

“Austin Yogis United at the Wanderlust Yoga Festival” featured community leader, article by Silvana Di Ravenna, Emma Ledford and Andrew Masi, 2014

<http://multimedianeewsroom.us/2014/11/11/austin-yogis-unite-at-the-wanderlust-yoga-festival/>

“The Magic of Yoga: an Interview with Zoe Mantarakis” Retreat Place, 2013

<https://www.retreatplace.com/2013/05/13/the-magic-of-yoga-an-interview-with-zoe-mantarakis/>

“Lotus Birth” CBS news, 2013 https://www.youtube.com/watch?v=u9EwjOu_lx4

“Flow in the Streets” featured interview, Lululemon, 2011 <https://vimeo.com/29239834>

“Feel the Music: Austin Yoga gets its Groove On,” Austin Culture Map, 2011

<http://austin.culturemap.com/news/sports/08-24-11-09-02-feel-the-music-austin-yoga-gets-its-groove-on/>

“Yogasm” featured presenter, Lululemon, 2010

<https://www.youtube.com/watch?v=PPHbCji9q6A>

Yoga Videos

“Yoga FIT Library” compilation of 50 practice videos 2020-2021

“Deeper Studies: 10 Yoga Video Series,” Yoga Current 2016

<https://www.yogacurrent.com/deeper-studies-in-yoga/>

“Yoga for Healthy Knees,” 2014 <https://www.youtube.com/watch?v=Cka6RO8o73Y>

“Seated Spinal Twist,” 2014 <https://www.youtube.com/watch?v=9PdQoh76T08>

“The Yoga of Wealth, Worth and Abundance” with Sumukhi Devi, 2014

<https://www.youtube.com/watch?v=VOybDJU-4Wo>

“Lakshmi Mantra” with Sumukhi Devi, 2014 <https://www.youtube.com/watch?v=P6UezpyubIA>

“Paschimottanasana,” 2014 <https://www.youtube.com/watch?v=ZTpaQbxFdKs>

“Ganesha Mantra,” 2014 https://www.youtube.com/watch?v=u9EwjOu_lx4

“Maha Mrityunjaya Mantra,” 2014 <https://www.youtube.com/watch?v=22oHtzMEwpU>

Yoga Flow Video Series, Yoga Studio 9, 2013

Invited Panels, Lectures, Workshops

- 2021 "Quarantine Care" HealthPoint, Austin, TX
- 2020 "Yoga for Elementary School Children" developed, implemented and taught a semester-long program for K-2nd grade and 3rd-5th grade school children in the Round Rock ISD
- 2020 "Yoga for Sleep Hygiene" HealthPoint, Austin, TX
- 2019-2021 "Yoga and Mindfulness for Recovery from Human Sex Trafficking and Abuse" Red Oak Hope, Austin, TX
- 2019 "Yoga for Gut Health" HealthPoint, Austin, TX
- 2019 "How to be Awesome at Yoga," workshop, Practice Yoga, Austin, TX
- 2018 Featured Presenter, Esca Bona conference for Regenerative Solutions in our Food System, Austin, TX
- 2015-2018 Annual Costa Rica Yoga Immersion Retreat, Leader/Organizer, Cafe Playa Negra Retreat Center, Costa Rica
- 2017 Featured Presenter, Esca Bona conference for Regenerative Solutions in our Food
- 2016 "Divine Feminine," workshop series, Dharma Yoga, Austin, TX
- 2016 Featured Presenter, Esca Bona conference for Regenerative Solutions in our Food System, Austin, TX
- 2016 Featured Presenter, Texas Yoga Conference
- 2015 Yoga Workshop, The Yoga Barn, Ubud, Bali, Indonesia
- 2015 "Tapas: Fire Within" and "Boom Boom Pow" workshops, Telluride Yoga Festival
- 2015 Featured Presenter, Texas Yoga Conference
- 2014 "Boom Boom Pow" and "Om Shanti Bliss-Out," workshops, Wanderlust Yoga Festival, Austin, TX

- 2014 "Yoga Illumined" workshop, Telluride Yoga Festival
- 2013 -2014 Annual Costa Rica Yoga Immersion Retreat, Peace Retreat, Playa Negra, Costa Rica
- 2013 "Yoga After Dark", Lululemon Yoga event, Austin, TX
- 2013 Community Presenter, Telluride Yoga Festival
- 2013 "I Ain't Scared of No Ghosts" workshop, Four Elements Yoga + Fitness Studio
- 2012 "Soul Shining" workshop, Austin Yoga Conference
- 2011 "Tantra & Mantra" workshop, Austin Yoga Festival
- 2010 "Yogasm", Lululemon Yoga event, Austin, TX
- 2010 Presenter, Texas Yoga Conference
- 2009 "Rhythm of the Soul" with Oliver Rajamni, Laughing Lotus, NY
- 2009 "PachaMama Yoga" pre- and post-natal workshop series, Castle Hill Fitness, Austin, TX
- 2008 "Rhythm of the Soul" with Oliver Rajamani, The Crossings Wellness Institute, Austin, TX

ACCOLADES & AWARDS

- 2019 Registered Yoga School rated 9.3/10 NPS score by Yoga Alliance
- 2019 Registered Yoga School rated 4.85/5 stars by Teacher Training Graduates
- 2015 Solosol internet brand ambassador
- 2014 Best Yoga Teacher in Austin, ranked #1 by Austin Fit Magazine reader's poll
- 2012 Best Yoga Teacher in Austin, ranked #2 by Austin Fit Magazine reader's poll
- 2011 Lululemon brand ambassador, Domain Austin
- 2008 Lole brand national ambassador

2006 Lululemon brand ambassador, Downtown Austin

TEACHER TRAININGS & MENTORSHIPS

200hr Yoga Teacher Trainings

2018 Deeper Studies in Yoga Teacher Training, Yoga Vida Studio, Austin, TX (*lead teacher*)

2017 Deeper Studies in Yoga Teacher Training, Austin, TX (*lead teacher*)

2015 Yoga Illumined Teacher Training, Yoga Illumined Studio, Austin, TX (*co-leader with Sumukhi Devi*)

2014 Yoga Illumined Teacher Training, Yoga Illumined Studio, Austin, TX (*co-leader with Sumukhi Devi*)

2013 Yoga Illumined Teacher Training, Castle Hill Fitness, Austin, TX (*co-leader with Sumukhi Devi*)

2013 Yoga Illumined Satellite Program, Yoga Black Lagoon Studio, AUstin, TX (*co-leader with Sumukhi Devi*)

2012 Yoga Illumined Teacher Training, Castle Hill Fitness, Austin, TX (*co-leader with Sumukhi Devi*)

Graduates

2019 2 students 200hr Yoga Teacher Certified

2012 - 2018 50 students 200hr Yoga Teacher Certified, names furnished upon request

Mentees

2019 4 students mentored

2012-2017 11 Yoga Students mentored, names furnished upon request

SERVICE ACTIVITIES

2021	Moody College of Communications student government, Meditation & Yoga presentation
2020	NAACP, virtual gathering, Meditation & Yoga presentation
2018-2019	Deeper Studies in Yoga, donation-based chapter of my local Teacher Training
2018	Yoga Workshop to Benefit SAFE
2017-2018	Yoga for Teachers, volunteer, Austin Rise School
2014-2017	Yoga Workshops to Benefit Austin Blue Santa
2016 – present	Mobile Loaves and Fishes, Food Prep, volunteer

REFERENCES

Kirsten Bradbury	bradbury@austin.utexas.edu	(512)745-6176
Stephen Phillips	stephen_phillips@utexas.edu	(512)471-5080
Rachel Watson	r.watson@utexas.edu	(580)467-4016
Phil Stanforth	p.stanforth@austin.utexas.edu	(512) 471-0081
Michael Sanders	mtsanders@austin.utexas.edu	(512) 471- 5405