

Stéfane Barbeau

Founder, The Yoga Clinic

Credentials: Stéfane trained for two years with Master Sudhakar Dheenan at the Vanakkam Yoga School in Hong Kong, where he ultimately created a new Yoga Alliance-certified curriculum. He also studied yoga therapeutics with Dr. Ganesh Mohan from the Svastha Yoga Institute, and yoga teaching methodology with Jason Crandell. Stéfane has been teaching yoga at Sunnylands since 2021.

Work Philosophy: More than a decade in, Stéfane is a respected author and yoga coach who helps people find strength, flexibility, and balance in their own lives. He loves to guide a person of any age to their best physical and mental self in his Palm Springs studio. His teaching style is lighthearted and thoughtful; he encourages everyone to see the positive impact of yoga off the mat. Stéfane grew up in Canada and now lives in California with his calm husband Duane and their neurotic pit bull, Sally.

https://www.yoga.clinic