Sam Dworkis

Yoga Teacher, Author, and Educator

Education

1969 — Bachelor of Science, Arizona State University

1975 — Master of Science, California State University

Yoga Training and Teaching

1974 — Began practicing yoga.

1975 — Completed first seminar with a senior student of B.K.S. Iyengar.

1976 — Completed yoga teacher training with a classical instructor from India.

1976–1986 — Completed dozens of seminars with senior students of B.K.S. Iyengar throughout the United States, Canada, and Europe.

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

1977 — Co-founded the Yoga Institute of Miami.

1978–1985 — Made five trips to Pune, India, for intensive study with B.K.S. Iyengar.

1979–2020 — Led yoga workshops, seminars, and teacher-training programs throughout the United States, including the Caribbean, Canada, Europe, and India.

2020–2025 — Private yoga and therapy sessions

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 foundation for hands-on positioning, individualized structural adjustments within my yoga teaching, and specialized soft-tissue work.

Research and Professional Contributions

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

Publications

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 — www.extensionyoga.com, published as an educational resource.

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