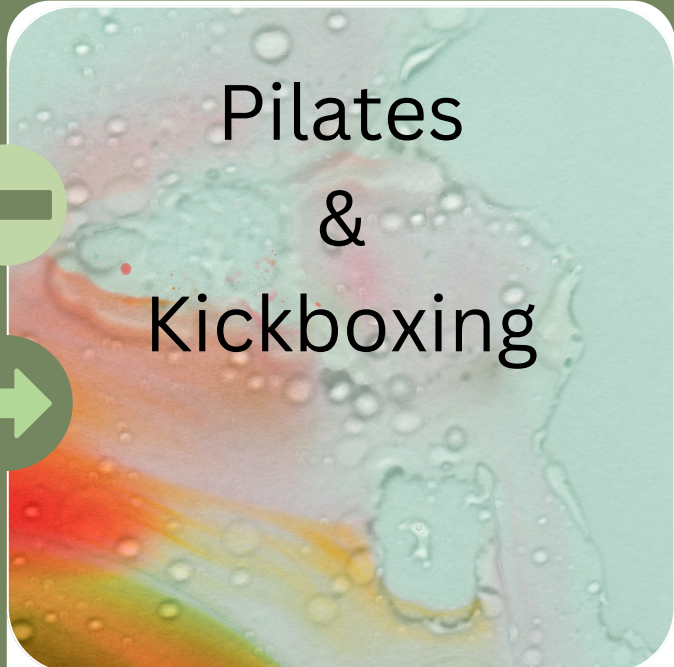


# AINKA FULANI



AINKA JOY  
FULANI



Pilates  
&  
Kickboxing

GROUP  
FITNESS

Ainka encourages people to learn, laugh, grow and develop. She brings a “whole person” approach to her practice whether on the mat or off.

Ainka invites people of all ages, sizes, shapes backgrounds and abilities to her classes!

AINKA IS A WHOLISTIC COACH AND THE OWNER OF BREAKTHROUGH. VOTED BEST OF THE BAY PILATES CLASS BY THE EAST BAY EXPRESS IN 2015.

AINKA IS A NASM® CERTIFIED PERSONAL TRAINER, IAYT® CERTIFIED YOGA THERAPIST AND A VETERAN PILATES INSTRUCTOR.

AINKA HAS BEEN AN AMBASSADOR FOR A VARIETY OF GROUPS, INCLUDING BUT NOT LIMITED TO OAKLEY, NUUN, THE SF BAY AREA CHAPTER OF BLACK GIRLS RUN AND THE OAKLAND RUNNING FESTIVAL.

# TAKO ODA

## Flow Yoga & Capoeira

In Capoeira or Yoga, Tako wants you to experience the joy & peace of finding flow in your body with the help of music.  
All bodies and experience levels are welcome!



Tako studied under Pauline Oliveros, Alek Trail, Deepa Negi Meera, and Tamlyn Cohen, and is registered with Yoga Alliance.

He trained the Afro-Brazilian martial art, Capoeira, under grand masters Acordeon and Suelly.

Tako runs a capoeira studio at the historical Casa de Cultura in Berkeley.