



Inner Athlete Yoga - biography

EXPLORE. ASPIRE. SURRENDER.

4509 Interlake Avenue North • Suite 278 • Seattle, WA 98103 • 206.850.7169 • contact@innerathlete.net

Gordon Kaplan



Gordon Kaplan is the founder and President of Inner Athlete. For 25 years he has been teaching basketball, radio broadcasting, and yoga. Gordon's background illustrates thorough preparation and obvious passion for the work he has chosen.

Summary -

One of only a handful of Purna Yoga™ teachers certified at the 2,000-hour level and vocationally licensed by the State of Washington, he is recognized by Yoga Alliance and the International Association of Yoga Therapists. He has assisted with presentations at the Yoga Journal Conference, Omega Conference, and in Tel Aviv. His studies are ongoing with world-renown teacher Aadil Palkhivala.

Gordon has worked for the Orlando Magic, Converse, Nintendo, and covered the Baltimore Orioles for WBAL. He has coached in the NCAA Basketball Tournament and spent a season in Bloomington, Indiana observing legendary basketball coach Bob Knight. As Sports Director for WTMD radio he trained staff and served as the voice for Towson University football and basketball.

Yoga -

A College of Purna Yoga graduate, he invested two years and 2,000-hours to train with Aadil Palkhivala, one of the most respected teachers in the world. The program is one of the most rigorous trainings in North America today. He teaches locally in the Seattle area and has been featured in Washington CEO Magazine. Gordon is an accomplished internet author and blogger, and is responsible for crafting and developing an online forum for yoga Q and A.

Coaching -

Beginning in the recreation leagues of Baltimore he scaled his way up to the NBA. It was there he worked alongside Eric Musselman and the staff of Hall of Fame coach Chuck Daly. He served as an assistant to the Director of Video Scouting.

The preceding year was spent in the graduate program at Indiana University. With the permission of Bob Knight he observed Hoosier basketball practices in Assembly Hall. He also completed a graduate level coaching course instructed by Coach Norm Ellenberger. In the summer months Gordon worked basketball camps at IU, the Poconno Invitational, and at George Washington University.

A successful collegiate coach, he was instrumental in cultivating an NCAA basketball team at Goucher College. In four years that team went from club sport to the NCAA Tournament. Gordon directed scouting, recruiting, and the strength and conditioning program. he was a primary contributor to much of the on-court strategy, tactics, and instruction employed by the Gophers.

Education -

- 2,000 hour Teacher Certification, College of Purna Yoga 2007
- Master's Degree Kinesiology, Indiana University, 1998
- Bachelor's Degree, Communications, Towson University, 1990

Personal -

Born in Baltimore, Gordon was raised in Seattle since the age of seven. He has since resided in Bloomington, Indiana, and Orlando Florida, now making his home in the Greenlake area of Seattle. He continues group and private yoga instruction with professional athletes, teams, and individuals. In his free time he plays guitar, writes, and practices yoga.

Cliff notes...

Registered Yoga Teacher with Yoga Alliance (RYT-500) and International Association of Yoga Therapists (IAYT).

Apprentice to and continued study with world-renowned yoga teacher Aadil Palkhivala.

Graduate of two-year, 2,000-hour teacher training from the College of Purna Yoga.

Served in Basketball Ops with NBA's Orlando Magic.

Master's degree in kinesiology from Indiana University.

Successful collegiate and prep basketball coach with NCAA Tournament experience.

Over 20 years of teaching skill and expertise.

Seven years as basketball clinician and consultant for Converse/Sportamerica.

Sports Director and on-air voice for WTMD Radio, Baltimore.

Covered Baltimore Orioles for flagship WBAL radio.

contact@innerathlete.net