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### **Certification**

200-hour Prana Flow Yoga Teacher Training; Yogani Studios; Tampa, FL

Led by Micheline Berry; January 2010 - August 2010

Mandala of Asanas-Embodying the Flow-Foundations of Teaching Vinyasa Flow-Teacher

Empowerment Training-Fluid Power Vinyasa Flow-Chakra Vinyasa-Ayurveda-Yoga and the Muse

### **Continuing Education Certifications**

Rhythmic Vinyasa: Power of Natural Flow; Kripalu Center for Yoga and Health; Berkshires, MA

Led by Shiva Rea; August 2016

Roots and Evolution of Vinyasa-Prana Danda Intro and Training-Exploration of Energetic Imbalances in all Levels of Embodiment-Developing the Communal Fire Circle-Tantric Dance

Shakti and Meditation; Kripalu Center for Yoga and Health; Berkshires, MA

Led by Sally Kempton; August 2015

Meditations of the Inner Beloved-Shakti Meditation and Yoga Flow-Goddess Meditation and the Inner Feminine

Ayurvedic Marma Point Balancing; Kripalu Center for Yoga and Health; Berkshires, MA

September 2014

Marma Point Balancing for Body Workers-Ayurvedic Healing Techniques-Subtle Energy Body Awareness

Restorative Yoga Teacher Training; Asheville Yoga Center; Asheville, NC

Led by Sara Levine; June 2014

Physiology of Stress and Relaxation-Anatomy, Injuries, and Artificial Parts-Sequencing-Integrating Postures with Breathwork and Guided Imagery-Appropriate Adjustments

Beyond Basic Yoga Anatomy; Asheville Yoga Center; Asheville, NC

Led by David Keil; June 2014

Functional Anatomy-Muscle Activation through the Poses-Safe Adjustments for Individual Body Alignment-Seeing Bodies as they are

Yin Yoga Teacher Training; Asheville Yoga Center; Asheville, NC

Led by Shala Worsley; June 2014

Energetics of Qi and Meridians-Emotional Aspects-Meditations for Yin-Visualizations for Yin-How to Blend a Flowing Asana Practice with Yin

Radiant Child Yoga Teacher Training; Kripalu Center for Yoga and Health; Berkshires, MA  
Led by Shakta Khalsa and Allison Morgan; October 2013  
Yoga for Kids with Autism, ADHD, and those who are Differently Abled

Seniors Yoga Teacher Training; Asheville Yoga Center; Asheville, NC  
Led by Libby Hinsley; April 2013  
Chair Yoga-Deep Breathing-Osteoporosis-Arthritis-Heart Disease-Chronic Pain-Prostate  
Health-Depression-Insomnia-Joint Replacement-Parkinsons-MS-Balance-Stability

Yoga Therapeutics; Asheville Yoga Center; Asheville, NC  
Led by Joe Taft; April 2013  
Therapeutics of the Ankles, Knees, and Hips-Therapeutics of the Shoulders, Head, and  
Neck-Therapeutics of the Hips and Low Back

Pre/Postnatal Yoga Teacher Training; Asheville Yoga Center; Asheville, NC  
Led by Stephanie Keach; March 2013  
Asanas for each stage of Pregnancy-Anatomy of Pregnancy and Childbirth-Postpartum Yoga-Deep  
Breathing Techniques for Stress and Labor-Massage to Relieve Discomforts of Pregnancy

Children's Yoga Teacher Training; Asheville Yoga Center; Asheville, NC  
Led by Jane Ann Tager; March 2013  
Techniques of Kids Yoga-Teaching Methodology-Anatomy and Physiology-Philosophy and  
Ethics-Breathing, Relaxation, Chanting, Meditations, and Visualizations for Children

### **Experience**

Yoga, Body, and Mind; Weare and New Boston, NH  
January 2016-present  
Weekly mixed levels Flow Yoga Classes and Chair Yoga; Monthly Restorative Yoga Classes

YouCanToo Yoga; Henniker, NH  
April 2015-May 2018  
Taught weekly mixed-level flow classes; monthly restorative classes and seasonal detox classes

JECA Yoga Studio; Manchester, NH  
May 2013 - September 2014

Ongoing: taught weekly Gentle Flow, Mixed Levels Flow, Core and Restore, Restorative Yoga, Yin  
Yoga, Children's Yoga, and private yoga classes; occasionally subbed for detox class

Workshops: Backbending Basics and Beyond; Valentine's Partner Yoga; Arm Balancing for Beginners;  
Yoga for Teens; Deep Relaxation with Essential Oils; Backbending with a Twist

Volunteer: Yoga in the Park; NH Mommy and Baby Expo, Yoga for Kids 5-8

Holy Cross Community Church; Weare, NH  
October 2013 - September 2014 and March 2015 - May 2015  
Taught weekly mixed levels Prana Flow Yoga

Children's After-school Yoga Programs; Weare and Henniker, NH  
2013-2014  
Taught after-school programs at Weare Middle School and Henniker Community School: grades 5-8 and 4-6

New England College; Henniker, NH  
August 2013 - October 2013  
Taught Yoga for Athletes to the men's and women's soccer teams

Henniker Community School and Hopkinton High School  
May - June 2013  
Taught yoga in physical education classes for grades pre-k through high school

Sweetwater Organic Community Farm; Tampa, FL  
March session 2012  
Taught Gentle Flow classes to community members

James A. Haley Veterans Hospital; Tampa, FL  
January - March 2012  
Taught Chair Yoga and meditation to veterans participating in a 3-week Pain Management program

Yogani Studios Mentorship Program; Tampa, FL  
Led by Ashley Halley; November 2011 - March 2012  
Assistant teacher for Prana Flow Yoga classes