



BUSINESS VENTURES

- 1991-1994 Downtown Fitness
- 1995-2005 THE STUDIO Complete Bodymind Fitness
- 2005-2015 YOGA INLET
- 2021-Present The Nest Collaborative

Products

- 1998 YOGA on the BALL
- 1999 The Original SUPERBLOCK

CERTIFICATIONS

- 1996 Yoga College of India – Bikram Hatha Yoga 750 hour
- 1997 Yoga College of India -Advanced Bikram Hatha Yoga 500 hour
- 1998 Eric Schiffman Freedom Style Hatha Yoga/ Vinyasa Flow 200 hour
- 1999 Master Yoga Teacher Institute Svaroopa® Yoga Teacher 700 Hour
- 2000 Master Yoga Teacher Institute Svaroopa® Yoga Business
- 2000 Master Yoga Teacher Institute Embodiment® Practitioner
- 2003 Master Yoga Teacher Institute Meditation Teacher
- 2007 Wise Earth School of Ayurveda Advanced Teacher 1000 hour
- 2008 VOX Mundi School/ Yoga of Sound
- 2008 Grant Study- Dr Judith Cornell/Mandala/Yantra Group Facilitation
- 2009 Vibration & Mantras of Ayurveda/SVA Health
- 2009 Prana/SVA Health
- 2010 Shaka Vansya Ayurveda Health Practitioner
- 2010 Wise Earth Ayurveda Master Teacher
- 2015 Shanka Vansya Ayurveda Pranavidusi/Pulse & Marma
- 2016 Awake Living with Cate Stillman/Yogahealer
- 2017 Living Ayurveda Course with Cate Stillman/Yogahealer
- 2020 Chakra Balancing Course Certification/Annnodea Judith
- 2020 Certified Svaroopa Online Therapeutics
- 2024 Svaroopa® YogaBody® Classroom Therapeutic



AWARDS/ACCOMPLISHMENTS

2009 Award Sadhaka-Adept Wise Earth School of Ayurveda
2010-2014 Wise Earth Ayurveda Practitioner Trainer
2017 Mentor in Living Ayurveda (Family Healer Path)
2018 Mentor in Wise Earth Ayurveda Kitchen Sadhana
2018 Awake Living Course with Cate Stillman/Yogahealer
2018 Mentor in Living Ayurveda (Family Healer Path)
2018 Body Thrive Course with Cate Stillman/Yogahealer
2019 Mentor in Living Ayurveda (ProHealer Path)
2020 Mentor in Living Ayurveda (Pro healer Path)
2020 Yoga Alliance approved 200 Hour Yoga Teacher Training Program

CONTINUING EDUCATION COURSES

2/20/98 ATT 51 Experiential Anatomy
3/24/98 ATT 50 Embodiment
8/15/98 SUM: YTT Intensive
3/5/99 *TP: Teacher Practicum
5/14/99 ATT 52: Yoga Business Skills
6/22/99 ATT 60: Yoga Therapy 1
6/22/99 ATT 60: Homework
1/24/00 *TP: Teacher Practicum
7/15/01 DTS Mentor Training
1/2/02 *DTS 1 G: DTS Week 1
1/8/02 *DTS 2 R: DTS Week 2 Repeat
1/7/03 DTS 1 R: DTS Week 1 Repeat
1/10/03 *MTT: Meditation Teacher Training
3/15/03 *MMZ: Meditation Made Easy
3/18/03 *TP: Teacher Practicum
1/3/04 DTS 3 G: DTS Week 3
1/4/04 DTS 4 G: DTS Week 4
1/6/04 DTS 2 R: DTS Week 2 Repeat
9/10/04 YTT Level 2
9/26/04 *TF: Teacher Forum



10/8/04	Embodiment Weekend
1/28/05	*MTT: Meditation Teacher Training
1/28/05	*MTT: Homework
7/24/05	*Yogini Conference
10/13/05	*Sutra Studies
11/4/05	SAT Conference
11/16/07	*Conference a la Carte
11/18/07	*Harmonium Course
7/9/08	EYTS: Foundations Review
10/13/08	EYTS: Level 2 Ext: Enliven & Advance
1/28/11	ATT 51: Experiential Anatomy
10/21/11	*Partial Conference a la Carte
5/18/12	DTS Level 4
1/5/13	ATT 201: Teaching Half-Day Workshops
3/19/13	*TS1: Teaching Yoga Sutras 1
5/27/16	Teaching Review
6/24/18	*ATT 402: Lower Spinal Release
12/22/20	Online Svaroopa® Therapeutics
4/8/24	Svaroopa® YogaBody® Classroom Therapeutics