

Jennifer Ross Craze

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Career Highlights

Advisor, Collaborator, Coordinator, Counselor, Creative Problem Solver, Critical Thinker, Educator, Effective Communicator, Facilitator, Health Care Provider, Instructor, Mediator, Mental Health Specialist, Motivator, Negotiator, Networker, Nursing Extern, Program Designer, Researcher, Safety and Risk Assessor, Teacher, Team Builder, Wellness Promoter

Educational Profile

TENNESSEE STATE UNIVERSITY, Nashville, TN

Currently enrolled in doctoral program, Administration and Supervision with specialization in Higher Education, completed 54 hours of the 60-hour program (all coursework and comprehensive exams are complete, ABD)

SPECIALIST IN EDUCATION DEGREE, Administration and Supervision with specialization in Higher Education, **August 2011**, MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN, GPA: 3.6

MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN

Completion of 32-semester hours at the doctoral level in Health and Human Performance, 2001-2004

VANDERBILT UNIVERSITY SCHOOL OF NURSING, Nashville, TN

Completion of 48-semester hours toward Master of Science in Nursing, 1996 - 1997

MASTER OF SCIENCE DEGREE, Health, Physical Education, Recreation, and Safety, Minor: Psychology, **December 1995**, MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN, GPA: 3.9

BACHELOR OF SCIENCE DEGREE, Psychology, Minor: Human Sciences and Physical Education, **December 1994**, MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN, GPA: 3.1

Achievements and Awards

GRADUATE ASSISTANTSHIPS

Health, Physical Education, Recreation, and Safety Department, 2004, 2001 - 2003 and 1995 -1996; Educational Leadership Department, 1997 - 1998; Middle Tennessee State University

SCHOLARSHIPS

Lettie Pate White, 1996 - 1997, Vanderbilt University School of Nursing; University Enrichment, 1994 and 1996, and Work Scholarship, 1990 - 1992, Middle Tennessee State University

HONOR COUNCIL

Vanderbilt University, 1996 - 1997

Professional Profile

Yoga Instructor, 2013 to present; **Barre Instructor** 2017 to present

BARRE 11 FITNESS, Murfreesboro, TN

Provide individual and group instruction including proper technique and alignment,
breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga

Teach Barre alignment, providing group instruction

Yoga Instructor, 2005 to 2013

YOGA ON THE SQUARE STUDIO, Murfreesboro, TN

Teach gentle yoga for special populations to include arthritis, chronic fatigue, and back pain

Teach prenatal yoga classes and Vinyasa Flow classes

Provide individual and group instruction including proper technique and alignment,
breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga

Temporary Faculty, 2004 to present

MIDDLE TENNESSEE STATE UNIVERSITY, Health and Human Performance Department,
Murfreesboro, TN

Create, coordinate, and manage scheduling for all of the yoga classes in the Health and
Human Performance Department (PHED 1270/Yoga, PHED 1271/Intermediate Yoga, and
PHED 1272 Advanced Yoga)

Recruit and initiate the hiring of all the yoga instructors in the department

Create and implement the curriculum for all the yoga classes in the Health and Human
Performance Department PHED 1270 - Yoga, PHED 1271 - Intermediate Yoga, and PHED
1272 – Advanced Yoga

Diversify and expand the yoga program, proposing new courses in the department

Coordinate, conduct, and direct meetings with all the yoga faculty/instructors in the department,
ensuring consistency in curriculum and excellence in instruction

Enhance instruction by applying for and receiving TAF monies to purchase new equipment

Maintain cleanliness of the yoga classroom to include laundering over 100 yoga blankets
regularly; cleaning all the yoga props as well as furniture, vacuuming and shampooing
the carpet; and providing yoga mat cleaning solution and cloths for the students

Provide mentoring and advisement for students and the yoga faculty/instructors

Record keeping, grading, and execution of exams

Provide individual and group instruction including proper technique and alignment,
breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, physiology of respiration, kinesiology and biomechanics

Teach philosophy and principles of hatha yoga

Specifically teaching includes:

1. Techniques- includes asanas (postures/poses), pranayama (breath awareness/breathing techniques), dhyana (meditation), progressive relaxation and other stress management modalities as well as other traditional yoga techniques.
 - Standing poses
 - Sun Salutations/Vinyasa (flow)
 - Seated postures
 - Supine postures
 - Prone postures
 - Inversions
 - Balancing postures
 - Restorative
 - Therapeutic poses
 - Back bending (spinal extension) postures
 - Forward bending (spinal flexion) postures
 - Partner work
 - Use of props (blocks, straps/belts, wall, chair, balls, benches, etc.)
2. Teaching methodology- includes principles of demonstration, observation, assisting/correcting, instruction, teaching/learning styles, and the students' process of learning.
 - Description (describing the pose, Sanskrit translation)
 - Benefits (physiological and psychological)
 - Caution and contraindications
 - Verbal cues
 - Adjustments
 - Modifications
 - Kinematics
3. Anatomy and physiology- includes both human physical anatomy and physiology (bodily systems, organs) and energy anatomy (chakras, nadis). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns)
4. Yoga philosophy/lifestyle and ethics- includes the study of yoga philosophies (from ancient literature/historical text including Patanjali's Yoga Sutras, The Upanishads, and The Bhagavad Gita; and yoga lifestyle. Emphasis on Patanjali's 8 Limbs of Yoga. Yoga's origin, timeline, historical perspective as well as different schools and styles of yoga.
5. Ayurveda (sister science to yoga, Indian science/medicine)- includes Dosha assessment; nutrition; sleep patterns; relationships (with self, others, nature/environment, global, money); hygiene; supplements, medications/substances; posture; and therapeutic usages of yoga practices, meditation, and breath.
6. Lifestyle assessment and behavioral modification- includes aspects listed above in #5 along with specific planning to induce change. Goal setting, time management, stress management, and continual reassessment.

Co-created and implemented the Somatic Movement Education Minor and the Somatic Movement class (PHED 3200)

Taught Somatic Movement class (2015-2017) -3 credit class with laboratory and lecture components

Taught the principles of Thomas Hanna's work of Somatic Movement

Teaching included:

- The course is separated into 3 main areas of content to include the history, theory, and practice of Somatic Movement.
 1. History and the core methods of Somatics
 - a. Integrative Movement Modalities
 - b. Physiological Patterning
 2. Theory
 - a. Fundamentals of Somatic Patterns and Movement
 - b. Movement Problems, Holding Patterns, and Pain
 - c. Somatic Patterning Roots, Concepts, and Methods
 - d. Balancing Patterning Approaches
 - e. The Patterning Process
 3. Practice
 - a. Neuromuscular Patterning
 - b. Postural Stabilization
 - c. Fundamental Movement Patterns
 - I. Yoga
 - II. Pilates

Advised Somatic Movement Education minors (2015-2017)

Taught Online Health and Wellness (Fall 2018 to Fall 2019) – introduced the student to the role and importance of health and wellness in his/her lives and society in general. Provided concepts, information, and data involving the maintaining of optimum health and wellness. Assessed lifestyles.

Taught Online Personal Conditioning (Summer 2017 to Summer 2020) - introduced the student to the fundamental concepts of physical activities, encouraged appreciation of leisure activities, promoted a healthy lifestyle and facilitated students' achievement of the 150 minutes per week of physical activity recommended by the US National Physical Activity Plan.

Taught Online Aerobic Walking (Fall 2017 to Summer 2018) - introduced the student to the fundamental concepts of physical activities, encouraged the appreciation of leisure activities and promoted a healthy lifestyle.

Taught Pilates (2004-2005) – introduced students to Joseph Pilates and the Pilates Method. Led students through floor mat exercises, instructing anatomical positioning, breath and the principals of Pilates.

Yoga Instructor, 2001 to March 2005

YOGA STUDIO OF MURFREESBORO, Murfreesboro, TN

Provide individual and group instruction including proper technique and alignment, breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga

Adjunct Faculty, July 2004 to August 2004

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Taught yoga principles of anatomy, kinesiology, proper body mechanics and alignment, and breathing techniques

Graduate Teaching Assistant, January 2004 to July 2004

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Provided health education

Facilitated change through health awareness, education, and prevention

Advised students about various behavioral, emotional, and physical conditions

Taught yoga and Pilates incorporating principles of anatomy, kinesiology, proper body mechanics and alignment, fitness assessment, and nutrition

Adjunct Faculty, June 2003 to December 2003

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Taught yoga and Pilates incorporating principles of anatomy, kinesiology, proper body mechanics and alignment, fitness assessment, and nutrition

Graduate Teaching Assistant, September 2001 to April 2003

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Provided health education through instruction of a basic health class (Effective Living) to include six dimensions of health: physical, social, emotional, intellectual, environmental, and spiritual

Facilitated change through health awareness, education, and prevention

Advised students about various behavioral, emotional, and physical conditions

Taught yoga, Pilates, and aerobic dance incorporating principles of anatomy, kinesiology, proper body mechanics and alignment, fitness assessment, and nutrition

Maintained departmental computer lab for student usage

Adjunct Faculty, September 2001 to December 2001

MIDDLE TENNESSEE STATE UNIVERSITY, Developmental Studies Department, Murfreesboro, TN

Taught college survival skills (Learning Strategies formerly known as Developmental Study Skills), including time management, learning styles, studying techniques, and principles of physical and psychological health.

Family Counselor / Home TIES Specialist, August 1998 to June 2000

CENTERSTONE COMMUNITY MENTAL HEALTH CENTERS, INC., Dede Wallace Center, Tennessee Home TIES Program, Nashville, TN

Conducted intensive in-home family therapy with children, adolescents, and adults

Facilitated change through awareness, education, prevention, and reunification

Counseled individuals with various behavioral, emotional, and physical conditions

Formulated and prioritized achievable and measurable treatment goals in conjunction with the family

Simplified and presented complex subject matter

- Created individual treatment plans for clients, utilizing behavior modification and cognitive techniques
- Designed therapeutic lessons by incorporating various counseling methods to adapt to the needs of the family
- Educated families by teaching the following skills: positive parenting; communication; conflict resolution; anger management; decision-making; problem solving; time and stress management; health education; and practical living
- Professionally handled unexpected events and crisis situations, providing 24/7 accessibility and availability
- Attended Juvenile Court, providing testimony as requested/needed
- Maintained regulatory documentation, adhering to agency and state guidelines
- Collaborated with co-workers to meet contract expectations
- Complied with agency and state policies and procedures, ensuring successful audits
- Arranged continuous treatment for clients, assisting families in obtaining additional community support
- Successfully attained program objectives, exceeding the 70% criteria, by preventing out-of-home placement for 95% of the "at risk" children served

Graduate Assistant, September 1997 to August 1998

MIDDLE TENNESSEE STATE UNIVERSITY, Educational Leadership Department,
Audiovisual Laboratory, Murfreesboro, TN

- Assisted faculty with research, including grants, through the following: data collection, analysis, and interpretation
- Performed data entry for statistical analysis
- Conducted classroom and computer lab instruction on a substitution basis
- Administered class evaluations and exams
- Advised students on education projects and provided resources
- Created bulletin boards and informational wall displays
- Maintained audiovisual lab on a daily basis for student and faculty use
- Directed and demonstrated proper use of lab equipment

Nurse Extern, December 1996 to April 1997

MIDDLE TENNESSEE MEDICAL CENTER, Murfreesboro, TN

- Provided patient care through the following: vital sign assessment and observation; assistance and therapeutic interaction; and patient teaching
- Worked with numerous health care professionals in medical and surgical units, including physicians; nurses; respiratory, physical, and occupational therapists; and dietitians
- Documented patient information according to hospital policy
- Abided by OSHA and TOSHA guidelines

Student Worker, January 1996 to August 1996

MIDDLE TENNESSEE STATE UNIVERSITY, McFarland Health Services, Murfreesboro, TN

- Assisted with admittance procedures, including verification of student enrollment and status by utilizing and maintaining university database
- Performed clerical duties, including computer data entry
- Organized, duplicated, and disseminated health education materials and supplies
- Worked with physicians and nurses

Graduate Assistant, January 1995 to December 1995

MIDDLE TENNESSEE STATE UNIVERSITY, Wellness Center, Murfreesboro, TN

Performed health evaluations through the following: vital sign assessment; fitness testing; nutritional and lifestyle analysis; body composition and evaluation; and health history with risk factors

Assessed body composition by skin fold thickness, hydrostatic weighing, anthropometrical methods, and body mass index.

Designed health programs, fitness regimes, and exercise prescriptions to meet the individual needs of students, faculty, and staff

Worked with special populations including, hypertension, diabetes, obesity, disabilities, pregnancy, and athletics

Conducted fitness evaluations by utilizing cardiovascular, muscular strength, and flexibility tests

Supervised and evaluated practicum students

Created informative bulletin boards and literature

Orchestrated educational activities, increasing enrollment and participation

Educated participants about disease prevention and health promotion, increasing public health awareness

Student Worker, May 1994 to December 1994

MIDDLE TENNESSEE STATE UNIVERSITY, Psychology Department, Murfreesboro, TN

Assisted faculty with research, including the following: data compilation and computer entry for statistical analysis; conducting experiments; and interviewing test subjects

Administered class evaluations and performed clerical duties

Department Assistant / Receptionist, September 1993 to May 1994

MURFREESBORO MEDICAL CLINIC, Obstetrics and Gynecology Department, Murfreesboro, TN

Assisted with patient reception, testing procedures, and results explanation

Collected and updated patients' charts, including insertion of dictation and laboratory test results

Verified insurance and processed payments for medical services

Updated and maintained patient database

Abided by OSHA and TOSHA guidelines

Worked with physicians, nurses, and other health care professionals

Teaching

Yoga for Athletic Training Majors, 2020

Instructed 2 85-minute sessions of yoga to include types and benefits of yoga; yoga for athletes and sports training; overuse/underuse and muscle imbalances; and adapting/modifying yoga for athletes to students enrolled in Dr. Binkley's Alternative Therapies in Athletic Training class (ATHT 4080).

Tennessee Athletic Trainer's Society, 2020

TREVECCA UNIVERSITY, Nashville, TN

Title of Presentation: Yoga: Optimizing Movement Efficiency and Minimizing Injury

Presented a 1 hour combined lecture presentation and laboratory experience to Athletic Trainers.

Presented current research in yoga and yoga as it pertains to athletes. Instructed yoga and breathing

techniques pertinent to athletes to include imbalances, overuse/underuse, sport specificity, and modifications/adaptations.

Tennessee State Thespian Conference 2020 (ThesCon), 2020

MTSU, Murfreesboro, TN

Title of Presentation: How Yoga Helps Actors

Presented 3 40-minute yoga sessions to high school theater students. Sessions instructed to help performing artists prepare for auditions and reduce performance/audition anxiety. Attention directed to developing control over movement, mind, and breath.

Yoga for Exercise Science Majors, 2018, 2019

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN

Instructed 1-hour sessions of yoga to include types and benefits of yoga; prescribing yoga; and adapting/modifying yoga for students enrolled in Dr. Grubb's Exercise Prescription and Program Planning class (EXSC 4230).

Boro Yoga Conference, 2017

DOUBLETREE HILTON HOTEL, Murfreesboro, TN

Instructed a 2-hour session of yoga asana, meditation and breath with focus on hip alignment and opening. About 20 participants from the local community.

Boro Yoga Fest, 2017

LANE AGRI PARK COMMUNITY CENTER, Murfreesboro, TN

Instructed a 1-hour session of yoga to include asana, meditation and breath work for the local community. All proceeds were donated to the Prison Yoga Project (<https://prisonyoga.org/what-we-do/>).

Yoga Instructor, June 2015, 2016, 2017, 2018, 2019, 2020

TENNESSEE GOVERNOR'S SCHOOL FOR THE ARTS, Murfreesboro, TN

Provided 4 hours (2 sessions, 2 hours each) of intensive yoga instruction to 25 students enrolled in the Governor's School for the Arts. This a four-week residency summer program for high school students gifted in music, visual art, theatre, dance, and filmmaking. Governor Lamar Alexander founded the School for the Arts in 1984, assembling a team of professionals to develop a program for Tennessee that would rival the best summer arts schools in the nation.

Yoga for Exercise Science Majors, 2014, 2015, 2016

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN

Instructed 1-hour sessions of yoga to include asana, and breath work for students enrolled in Dr. Farley's Exercise Techniques and Leadership class (EXSC 3500). Emphasis was placed on adapting the instruction to suit different levels and needs of the participants. Alignment principles and modifications were provided.

Yoga Workshop for Athletes, 2014

MTSU WOMEN'S SOCCER TEAM, Murfreesboro, TN

Instructed 2 hours of yoga techniques related to sports specific activities and injury prevention.

Yoga Instructor, 2013 to present, **Barre Instructor**, 2017 to present

BARRE 11 FITNESS, Murfreesboro, TN

Provide individual and group instruction including proper technique and alignment,
breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga

Teach Barre alignment, providing group instruction

Yoga Instructor, August 2009, August 2010, July 2011, July 2012

MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN

CENTER FOR PHYSICAL ACTIVITY AND HEALTH IN YOUTH, Dr. Don Morgan

Provided group instruction for Camp ENRGY (Excellence 'N' Recreation and Games for Youth) to children with disabilities, ages 10-17 years.

Yoga Instructor, June 2009

MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN

CHILD/FAMILY OBESITY PROGRAM

Provided group instruction to children ages 7-17 years, participating in a grant funded research study conducted by Dr. Jennifer Caputo and Dr. Richard Farley.

Yoga Instructor, February 2008 to April 2008

MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN

DR. ANSHEL'S HEALTH AND WELLNESS PROGRAM for faculty, staff, and administration

Provided individual and group instruction including proper technique and alignment,
breath awareness, mindfulness, and meditation

Taught skeletal and muscular anatomy, kinesiology, and biomechanics

Taught philosophy and principles of hatha yoga

Yoga Instructor, 2005 to 2013

YOGA ON THE SQUARE, Murfreesboro, TN

Teach gentle yoga for special populations to include arthritis, chronic fatigue, and back pain

Teach prenatal yoga classes

Provide individual and group instruction including proper technique and alignment,
breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga

Temporary Faculty, 2004 to present

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Provide individual and group instruction including proper technique and alignment,
breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga

Teach Beginning, Intermediate and Advanced Yoga

Yoga Instructor, 2001 to March 2005

YOGA STUDIO OF MURFREESBORO, Murfreesboro, TN

Provided individual and group instruction including proper technique and alignment, breath awareness, mindfulness, and meditation

Taught skeletal and muscular anatomy, kinesiology, and biomechanics

Taught philosophy and principles of hatha yoga

Adjunct Faculty, July 2004 to August 2004

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Taught yoga principles of anatomy, kinesiology, proper body mechanics and alignment, and breathing techniques

Graduate Teaching Assistant, January 2004 to July 2004

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Provided health education

Facilitated change through health awareness, education, and prevention

Advised students about various behavioral, emotional, and physical conditions

Taught yoga and Pilates incorporating principles of anatomy, kinesiology, proper body mechanics and alignment, fitness assessment, and nutrition

Adjunct Faculty, June 2003 to December 2003

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Taught yoga and Pilates incorporating principles of anatomy, kinesiology, proper body mechanics and alignment, fitness assessment, and nutrition

Graduate Teaching Assistant, September 2001 to April 2003

MIDDLE TENNESSEE STATE UNIVERSITY, Health, Physical Education, Recreation, and Safety Department, Murfreesboro, TN

Provided health education through instruction of a basic health class (Effective Living) to include six dimensions of health: physical, social, emotional, intellectual, environmental, and spiritual

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Advised students about various behavioral, emotional, and physical conditions

Taught yoga, Pilates, and aerobic dance incorporating principles of anatomy, kinesiology, proper body mechanics and alignment, fitness assessment, and nutrition

Maintained departmental computer lab for student usage

Adjunct Faculty, September 2001 to December 2001

MIDDLE TENNESSEE STATE UNIVERSITY, Developmental Studies Department, Murfreesboro, TN

Taught college survival skills (Learning Strategies formerly known as Developmental Study Skills), including time management, learning styles, studying techniques, and principles of physical and psychological health.

Public Service

Yoga for Athletic Training Majors, 2020

Instructed 2 85-minute sessions of yoga to include types and benefits of yoga; yoga for athletes and sports training; overuse/underuse and muscle imbalances; and adapting/modifying yoga for athletes to students enrolled in Dr. Binkley's Alternative Therapies in Athletic Training class (ATHT 4080).

Tennessee State Thespian Conference 2020 (ThesCon), 2020

MTSU, Murfreesboro, TN

Title of Presentation: How Yoga Helps Actors

Presented 3 40-minute yoga sessions to high school theater students. Sessions instructed to help performing artists prepare for auditions and reduce performance/audition anxiety. Attention directed to developing control over movement, mind, and breath.

Yoga for Exercise Science Majors, 2018, 2019

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN

Instructed 1-hour sessions of yoga to include types and benefits of yoga; prescribing yoga; and adapting/modifying yoga for students enrolled in Dr. Grubb's Exercise Prescription and Program Planning class (EXSC 4230).

Boro Yoga Conference, 2017

DOUBLETREE HILTON HOTEL, Murfreesboro, TN

Instructed a 2-hour session of yoga asana, meditation and breath with focus on hip alignment and opening. About 20 participants from the local community.

Boro Yoga Fest, 2017

LANE AGRI PARK COMMUNITY CENTER, Murfreesboro, TN

Instructed a 1-hour session of yoga to include asana, meditation and breath work for the local community. All proceeds were donated to the Prison Yoga Project (<https://prisonyoga.org/what-we-do/>).

Yoga for Exercise Science Majors, 2014, 2015, 2016

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN

Instructed a 1-hour session of yoga to include asana, and breath work for students enrolled in Dr. Farley's Exercise Techniques and Leadership class (EXSC 3500). Emphasis was placed on adapting the instruction to suit different levels and needs of the participants. Alignment principles and modifications were provided.

Yoga Workshop for Athletes, 2014

MTSU WOMEN'S SOCCER TEAM, Murfreesboro, TN

Instructed 2 hours of yoga techniques related to sports specific activities and injury prevention

Yoga Instructor, 2013 to present, Barre Instructor, 2017 to present

BARRE 11 FITNESS, Murfreesboro, TN

Provide individual and group instruction including proper technique and alignment, breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga
Teach Barre alignment, providing group instruction

Yoga for Fitness Education for the Adult, March 2013

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN
Instructed a 1 ½ hours session of yoga to include asana, breath work, and meditation for students enrolled in a Fitness Education for the Adult class conducted by graduate student, Angela Fachini, M.S.

Yoga Instructor, May to June 2010

FLEET FEET, Murfreesboro, TN

Taught a 4-week series of yoga classes for runners to include injury/overuse prevention, skeletal and muscular anatomy, kinesiology, biomechanics, and breathing as it relates to running.

Yoga for Exercise Science Majors, June 2009

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN
Instructed a 2 hours session of yoga to include asana, breath work, and meditation for students enrolled in an Exercise Leadership and Program Planning class conducted by Dr. Matt Renfrow.

Yoga Workshop for Athletes, April 2009

MTSU WOMEN'S SOCCER TEAM, Murfreesboro, TN

Instructed 1 ½ hours of yoga techniques related to sports specific activities and injury prevention

Yoga Workshop Lecturer/Conductor, January 2009, July 2010, November 2010, January 2011

BILL TAYLOR'S KARATE STUDIO, Murfreesboro, TN

Instructed 2 hours of yoga techniques to adults in the Black Belt Club

YAMA (Yoga and Meditation Association), Fall 2008, Spring 2009

MTSU, Murfreesboro, TN

Co-sponsor of the student organization created to provide an outlet for students, staff, and faculty to practice yoga, meditation, pranayama, philosophy, Ayurveda, and overall wellness as well as to enrich the university's yoga community

Provide instructional opportunities to students and bring in guest teachers (Christine von Liederbach from Beverly Hills, CA, an internationally known Senior Iyengar teacher with 38 years teaching experience conducted a 1 ½ hour's class on September 29, 2008)

Yoga Instructor, 2005 to 2013

YOGA ON THE SQUARE, Murfreesboro, TN

Teach gentle yoga for special populations to include arthritis, chronic fatigue, and back pain

Teach prenatal yoga classes

Provide individual and group instruction including proper technique and alignment, breath awareness, mindfulness, and meditation

Teach skeletal and muscular anatomy, kinesiology, and biomechanics

Teach philosophy and principles of hatha yoga

Guest Speaker, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020

MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN

Provided information and instruction on hatha yoga techniques to students enrolled in Holistic Health and Stress Management classes as taught by Dr. Doug Winborn.

Yoga Workshop Lecturer/Conductor, Fall 2004 (December)

MIDDLE TENNESSEE STATE UNIVERSITY'S INSTRUCTIONAL TECHNOLOGY DEPARTMENT, Murfreesboro, TN

Instructed yoga to adults with emphasis on techniques applicable in the workplace including carpal tunnel prevention and stress relief modalities.

Yoga Workshop Lecturer/Conductor, August 2002, 2003, 2004, 2005, and 2006

MIDDLE TENNESSEE STATE UNIVERSITY'S PERFORMING ARTS COMPANY, Murfreesboro, TN

Instructed yoga techniques for dance intensive workshops

Yoga Workshop Lecturer/Conductor, May 2003

TANGERINE SALON, Murfreesboro, TN

Instructed yoga techniques including postural alignment and breath awareness to service Professionals.

Guest Speaker, Spring 2003

MIDDLE TENNESSEE STATE UNIVERSITY, Murfreesboro, TN

Provided information and instruction on hatha yoga techniques to students enrolled in introductory athletic training and massage therapy courses.

Yoga Workshop Lecturer/Conductor, Fall 2002

BILL TAYLOR'S KARATE STUDIO, Murfreesboro, TN

Instructed 2 hours of yoga techniques to adults and children

Yoga Workshop Lecturer/Conductor, Fall 2002 (October and December)

MIDDLE TENNESSEE STATE UNIVERSITY'S INSTRUCTIONAL TECHNOLOGY DEPARTMENT, Murfreesboro, TN

Instructed yoga to adults with emphasis on techniques applicable in the workplace, including carpal tunnel prevention and stress relief modalities.

Academic Achievement/Professional Development

Yoga and Vipassana (Meditation) Workshop with Michael Johnson, November 2019

STEADFAST AND TRUE YOGA STUDIO, Nashville, TN

Completed 10 hours of yoga and meditation to include: The Yang and Yin of Yama and Niyama; Asana; Pranayama and Pratyahara; Dharana, Dhyana, and Samadhi; Karma, Jnana, Bhakti, and Raja. An overview of the various styles of Vipassana meditation was explored. Alignment for different body types, breathing techniques and how to develop interoception. How Vipassana techniques have been used to help with depression, anxiety, marital issues, and trauma. Michael Johnson, E-RYT 500, has been a full-time yoga instructor for nearly two decades and a teacher trainer for 16

years. He is a lead instructor for the Asheville Yoga Center 200-hour Teacher Training and 300-hour Advanced Training Programs.

Principals of Teaching Functional Movement Workshop with Ryan Esdohr, October 2019
STEADFAST AND TRUE YOGA STUDIO, Nashville, TN

Attended a 2 ½ hours Functional Movement for Safety and Well-being Seminar (for teachers, trainers, and educators). The seminar included the history of physical culture and its impact on the current climate of the movement industry; understanding soft tissue injuries versus joint related problems; assessment- what are the warning signs of injury; and programming for a diverse population and architecture of the human body. Ryan Esdohr has worked with professional athletes and runs the Superhuman Lab (a performance center) in Urbandale, Iowa that focuses on overcoming injury and training to improve an athlete's capacity. He is involved in the Functional Range Systems Community.

Create a Functional Movement Practice with Ryan Esdohr, October 2019
STEADFAST AND TRUE YOGA STUDIO, Nashville, TN

Participated in a 2 ½ hours seminar going through the body joint by joint to understand how healthy joints can improve complex movements and what the “red flags” are to avoid injury.

Yoga, Scoliosis, and the Nervous System with Deborah Wolk, September 2019
BLOOM YOGA STUDIO, Lebanon, TN

Attended a 12-hour workshop learning techniques to access numb unused areas, release overused and overstretched muscles and how to relax over-contracted muscles. Emphasis was placed on prop setups and other stimuli, which allow the nervous system to balance. Experiential anatomy class on the nervous system and an understanding of sympathetic versus parasympathetic was completed. Vagus nerve and Polyvagal theory was discussed. Deborah Wolk is certified as a Yoga for Scoliosis teacher through Elise Browning Miller's Program. She is the founder of Samamkaya Yoga Back Care and Scoliosis Collective in New York City.

Ashtanga Workshop with Tim Feldmann, February 2018
YOGA LANDING STUDIO, Chattanooga, TN

Completed 12.5 hours of yoga learning and practice in the Ashtanga Yoga Tradition. Topics included Dharma talk; Mysore tradition; integrating breath and bandha into yoga asana; philosophy and the yoga sutras; and the gateway postures of the Ashtanga Primary Series. Tim Feldmann is the director of Miami Life Center. He is authorized to teach directly by the founder of the Ashtanga Yoga Method, Sri. K. Pattabhi Jois, and his grandson, R. Shri. Jois. His teaching also integrates extensive studies of F. M. Alexander Technique and sitting meditation with 20 years of experience as a professional dancer and an internationally acclaimed choreographer.

Ashtanga Workshop with Taylor Hunt, July 2017
YOGA LANDING STUDIO, Chattanooga, TN

Completed 16 hours of yoga learning in the Ashtanga Yoga Tradition. Topics included Dharma talk, Mysore tradition, backbending, and transitions (lifting up and jumping back). Taylor Hunt is an Authorized Level 2 KPJAYI teacher. He teaches at the Ashtanga Yoga Studio in Columbus, Ohio. He is the author of the book, **A Way from Darkness**. He is also the director of the Trini Foundation (brings life-changing practice of Ashtanga to those struggling with addiction).

Ayurveda Workshop with James Bailey, Lac, Dipl Ayu, January 2017

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed 13 hours on Ayurveda. Workshop entitled **The Roadmap to the Soul**. Topics included an **Introduction to Ayurveda from the Swasthavritta Tradition**. Swasthavritta is the Ayurvedic body of wisdom and practices that inform and inspire right livelihood and actions in the world given one's unique nature, and empowers the individual to self-care. **Dinacharya: Practices and Routines in Ayurveda**. This included investigating the 6 primary cycles with which the human body has adapted, and practices (daily, evening, and seasonal) which can be easily employed to create a deep stability with the body and mind. **Light on Food**: exploring the dynamics of ayurvedic nutrition and looking at the impact of physical and subtle toxins in foods. **Yoga Psychology and Modern Moksha (liberation)**: integrating lifestyle needs with the ancient practice of yoga. James Bailey is a third-generation physician, Ayurveda and Oriental Medicine practitioner, Yoga educator, and Yoga teacher trainer who has been living Yoga and Ayurveda for 30 years. His training includes 5 years (4000+ hours) of formal clinical studies in Oriental Medicine and training in Ayurveda under such luminary teachers as Dr. Vijayanti Apte, Dr. Subash Ranade, Dr. Avinash Lele, Dr. Vasant Lad, and many Ayurvedic doctors and therapists in Kerala, south India where he spends time teaching and studying while on retreat. He leads retreats to India annually with his Sevanti Adventures. He also has a Master of Public Health degree and worked in Africa many years as an epidemiologist.

Maya Yoga Workshop with master teacher Nicki Doane, October 2016

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed 10 hours of Maya Yoga. The workshop focused on learning how to create safety and strength by applying basic alignment principles to a Vinyasa style class (flow based). Sun Salutations Form A, B, and C were instructed along with backbends, hip openers, and inversions. Breathwork was also included. Workshop topics included: Learn to Stand on Your Own Two hands (arm balances); Wake Up Your Shakti; Taking Time to Look Within; and Maya Yoga Inversions. Nicki Doane is an authorized teacher of Ashtanga yoga. Doane's emphasis is on awareness - creating integrity within each pose that can be carried beyond the mat and into daily life. Doane teaches at yoga studios and conferences across the globe and is featured in two Ashtanga Yoga DVDs from Gaia. She recently produced her own series of Maya Yoga DVDs in collaboration with Eddie Modestini.

255 (out of 300) Hour Yoga Teacher Training, Foundations of Yoga Therapy, January through December 2015

YOGA WELL INSTITUTE, Nashville, TN

The Yoga Well Institute's intensive course curriculum is anchored in the teachings of Mr. Desikachar and his father Krishnamacharya and are squarely in the yoga tradition of Krishnamacharya. Below is a detailed chart of the curriculum:

Subject	Curriculum Contents	Hours
History of Yoga	Context of Yoga's Evolution in India; Introduction to Vedas and Darśanas; Definitions of Yoga; Role of Yoga in Different Stages of Life.	5

Yoga Philosophy	Yogasūtra Chapters 1 & 2 (detailed); Chapters 3 & 4 (overview). Overview of Bhagavad Gītā	40
Course Planning	How to Plan, Sequence, and Structure a yoga practice; Setting Goals, Determining Needs; Concept of Preparation and Counter Posture; Concept of Rest; Sequencing Exercises.	20
Āsana Theory	Important Principles and Qualities for practicing Āsana; Āsana Classifications; Key Principles of Breathing.	15
Āsana Techniques	Concept of Vinyāsa Krama; Classical Instructions for Important Āsanās + Key Adaptations and Modifications.	50
Prāṇāyāma	Definitions and Qualities of Prāṇāyāma; Key Breathing Methods; Prāṇāyāma Techniques; Ratios in Prāṇāyāma Practice; Effects of Prāṇāyāma	20
Dhyānam	Definition of Dhyāna; Process of Meditation; Objects of Meditation; Models of Meditation; Structuring a Meditation Practice.	20
Chanting and Mantra	Principles of Vedic Chanting; Foundations of Mantra	10
Teaching Methodologies	Theory Teacher-Student Relationship; Nature of the Relationship; Ethics; Concepts in Group and Individual Classes; Communication Skills.	5
Teaching Methodologies	Observation Skills- How to Observe; Observing Common Conditions; Assessing Mobility and Asymmetry; How to Select Āsanās for Assessing Students.	20
Anatomy and Physiology	Yoga Anatomies: Pañcamaya Model, Subtle Anatomy Model, Prāṇa vāyu Model Basic overview of Anatomy and Physiology; Pathologies of Common Ailments.	25
Practice Sessions	Regular group practice sessions with Trainers.	30
Mentor Sessions	Individual Contact Hours with Mentor.	5 of 20
Observation Sessions	Observing Certified Teachers Teach Group Classes (āsana, prāṇāyāma, meditation, etc.)	0 of 15
Supervised Teaching	Includes: Assisting, Co-Teaching, or Primary Teaching Under the Supervision of a Certified Teacher.	0 of 10

Ayurvedic Medicine Workshop with Dr. Sarasvati Buhrman, March 2015

ONE2YOGA STUDIO, Nashville, TN

Completed a 21-hour Introduction to Ayurvedic Medicine Workshop. The workshop included the basic concepts which underlie the theory and practice of traditional Ayurvedic medicine with the following: Samkhya philosophy, definitions of health, Ayurvedic anatomy and physiology, symptoms of imbalances, and the stages of development of disease. Instruction in practical skills of assessment of prakriti and vikriti, including observation, questioning, and pulse and tongue diagnosis. A beginning understanding of three of the five basic healing modalities of the Ayurvedic medicine toolkit: lifestyle (including dietary habits), therapeutic yoga, and panchakarma were presented. Dr. Buhrman has a B.S. in Biology from College of William and Mary, Virginia; graduate level work in Genetics at the University of Illinois and the University of California at Davis; and a Ph.D. in Psychological Anthropology from the University of Colorado. She also has the other following credentials: National Ayurvedic Medicine Association-registered Ayurvedic practitioner, specializing in Ayurvedic internal medicine; Yoga Alliance registered Yoga Teacher (RYTE-500); International Yoga Federation World Counsel of Yoga member; Certified in Biofeedback and Meditation, Institute for Psychobiological Research, London 1987; Certified Cardiac Yoga Therapist, 1998, Yoga of the Heart Program; and the author of numerous articles in the fields of Ayurveda, Yoga, and Yoga Therapy. She has also been an Adjunct Professor of Yoga at Metropolitan State College and faculty at International Yoga College.

Yoga Workshop with Tim Miller, November 2014

STEADFAST AND TRUE YOGA STUDIO, Nashville, TN

Completed an intensive 12-hour workshop in the Ashtanga Yoga Tradition to include the following: The physics and metaphysics of yoga practice- an exploration of the Pancha Koshas (the five vital sheaths of the human being and how the practice of Ashtanga Yoga is designed to penetrate each layer; Yoga practice and how yoga poses can be used to diagnose what is happening in the body as well as for therapeutic application; The Art of Breathing. Tim Miller has been studying and teaching Ashtanga Yoga for over thirty years and was the first American certified to teach by Pattabhi Jois at the Ashtanga Yoga Research Institute in Mysore, India. Tim teaches workshops and retreats throughout the United States and abroad.

Four Part Stretch Series with contortionist Alicia Dawn, April-May 2014

THE YOGA NEST STUDIO, Murfreesboro, TN

A six hour workshop covering the basics of back and shoulders; legs and hips; backbending; and partner stretching. Principles of alignment emphasized. Alicia Dawn trained at the New England's Center for Circus Arts (under the instruction of various former members of Cirque du Soleil, Cirque Eloize, and Ringling Bros. & Barnum & Bailey Circus), and has studied with Sarah Poole of Ecole Nationale du Cirque in Montreal, Susan Murphy (founder of Canopy Studio), and various members of Frequent Flyers in Boulder, CO. She has appeared in contortion how-to videos, shared her art in sold-out theaters and popular summer festivals, and recently traveled with Girls on Trapeze to perform in the International Circus Exposure in NYC. She also tours with Cirque Motion and has performed in Alethea Austin's Live Dancing Girls series.

Yoga Workshop with David Swenson, February 2014

STEADFAST AND TRUE YOGA STUDIO, Nashville, TN

Completed an intensive 13 ½ Ashtanga Yoga Workshop. The building blocks of Ashtanga Yoga were presented to include the basic elements of breath, bandhas, and vinyasa. The first/Primary

Series was examined in detail and an introduction to the Second Series was presented. Yoga Chikitsa (Yoga Therapy) was included. Handstands along with other inversions, arm balances, backbends, and partner work were also included. Mantras, energy locks and ujjayi breath were investigated and their role in the Ashtanga Yoga Tradition. Yoga philosophy to include Patanjali's 8 limbs of yoga was discussed. David's introduction to Ashtanga came in 1973 when he met David Williams and Nancy Gilgoff in Encinitas, California. In 1975 David and Nancy brought K. Pattabhi Jois to the U.S. for the first time and Swenson was fortunate enough to be there. He then initiated studies directly with the master. Swenson made his first trip to Mysore in 1977 and learned the full Ashtanga system as it was originally taught by K. Pattabhi Jois. David Swenson is recognized today as one of the world's foremost practitioners and instructors of Ashtanga Yoga. His book *Ashtanga Yoga: The Practice Manual* is the book (I) adopted/use for Intermediate and Advanced Yoga at MTSU.

Yoga Workshop with master teacher Nicki Doane, October 2013

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed 10 hours on Maya Yoga. The workshop focused on learning how to create safety and strength by applying basic alignment principles to a Vinyasa style class (flow based). Sun Salutations Form A, B, and C were instructed along with backbends, hip openers, and inversions. Breathwork was also included. Nicki Doane is an authorized teacher of Ashtanga yoga. Doane's emphasis is on awareness - creating integrity within each pose that can be carried beyond the mat and into daily life. Doane teaches at yoga studios and conferences across the globe and is featured in two Ashtanga Yoga DVDs from Gaiam. She recently produced her own series of Maya Yoga DVDs in collaboration with Eddie Modestini.

Yoga Workshop with Leslie Howard, February 2013

12 SOUTH YOGA STUDIO (Iyengar Yoga Center), Nashville, TN

Completed 6 hours on The Pelvic Floor. Anatomy, lecture, discussion and specific exercises for the pelvic floor were included. Abdominal health; pregnancy; incontinence and urinary issues; and therapeutic uses of yoga for pelvic floor problems were included.

Yoga Workshop with Gillian St. Clair, February 2013

STEADFAST AND TRUE YOGA STUDIO, Nashville, TN

Completed Hands on Adjustments and Assists Workshops III. Workshop III was a 3 hour continuation of Hands-on adjustments with verbal cues for group classes and therapeutic modifications for injuries introduced in Workshops I and II.

Yoga Workshop with Gillian St. Clair, October 2012

STEADFAST AND TRUE YOGA STUDIO, Nashville, TN

Completed Hands on Adjustments and Assists Workshops I and II. Workshop I included 3 hours of standing poses and sun salutations. Hands-on adjustments with verbal cues for group classes and therapeutic modifications for injuries were included. Workshop II was a 3-hour workshop, including more standing poses and key transitions. Anatomy and ethics were incorporated.

Yoga Workshop with Edwin Bryant, Ph.D., October 2012

12 SOUTH YOGA STUDIO (Iyengar Yoga Center), Nashville, TN

Completed 3-day (10 hours) Yoga Sutra Study, an intensive yoga philosophy workshop with

renowned yogic studies scholar, Dr. Bryant. Edwin Bryant is a professor of Hinduism at Rutgers University. He has published six books and numerous articles on Vedic history, Yoga, and the Krishna tradition.

Yoga Workshop with Laura Antelmi, the only KA2 level certified Kinesthetic anatomist,

January 2012

12 SOUTH YOGA STUDIO (Iyengar Yoga Center), Nashville, TN

Completed 3-day (10 ½ hours) Yoga Anatomy training with emphasis on “Understanding Your Foundation: the feet, knees, and pelvis.” The workshop incorporated both an asana class and a lecture, and worked with clay to build the human anatomy. Laura Antelmi is an Iyengar Yoga practitioner with over 24 years experience teaching yoga asana. She is an Intermediate Jr III Certified Iyengar Yoga Instructor and has been teaching Iyengar Yoga continuously since 1987. Laura is also a Certified Kinesthetic Anatomist KA2 with over 18 years of experience teaching anatomy nationally and internationally. She is the Founder and Director of the Iyengar Yoga Center of Boulder, Colorado, and an Assessor for the Iyengar Yoga National Certification Committee and an adjunct professor of anatomy at Naropa University. Laura is an expert in the application of Iyengar Yoga for therapeutic means and regularly studies in India with B.K.S. Iyengar and Geeta Iyengar, and with senior instructors in the USA. She is also faculty of Stephanie Quirk's 3-year Therapeutics Trainings in both Los Angeles and NYC teaching the anatomy component. Laura has also taught at Ramamani Iyengar Yoga Institute in Pune, India and most recently presented at the Yoga Journal Conference in Moscow, Russia.

Yoga Workshop with Seane Corn, December 2011

SCARRITT-BENNETT CENTER, Nashville, TN

Completed Detox Flow® Purification for Optimal Health and Wellness workshop over 3 days (10 ½ hours). Explored how to improve physical health, increase vitality, decrease susceptibility to illness and disease, balance emotions, and develop practical tools for managing stress. Emphasis on nutrition, conscious consumerism, and sustainability. Practiced specific yoga sequences that stimulated the productivity of vital organs to create an environment for toxic release. Seane Corn is an internationally renowned Vinyasa Flow Teacher and spiritual activist. Featured in commercials, magazines, and named “National Yoga Ambassador” for YouthAIDS in 2005. Since 2007, she has been training leaders of activism through her co-founded organization Off the Mat, Into the World®. Seane is also co-founder of the Seva Challenge Humanitarian Tours. Her award winning DVD's are available through Gaiam, Yoga Journal, and Sounds True.

Yoga Workshop with Kino MacGregor, Ph.D. candidate in holistic health,

November 2011

YOGA SOURCE STUDIO, Nashville, TN

Completed 3-day (9 ½ hours) Ashtanga Yoga Workshop to include the following: “Lengthen the Hamstrings, Relax the Hips,” a practical approach to working with the legs, hips, and pelvis. A foundation for healthy forward bending, easy hip rotation, and new understanding of the legs; “Guided Primary Series,” practiced the Mysore traditional method; “Strength, yes you can!” integrated bandhas and core work by using natural and scientific principles, like gravity, weight distribution, and mind-body connection; and “Breathe & Bandha, The Magic Carpet Ride,” learned how to master the breath in order to gain true access to the power centers deep within the pelvis (bandhas). Kino MacGregor is one of a select group of people to receive the Certification to teach Ashtanga Yoga by its founder Sri K. Pattabhi Jois in Mysore, India. The youngest woman to hold this title, she has completed the challenging Third Series and is now learning the Fourth Series. She

and her husband own the Miami Life Center, which is a community built around yoga, holistic health and consciousness. She has produced three Ashtanga yoga DVDs (*Kino MacGregor – A Journey, A Workshop; Ashtanga Yoga Primary Series; Ashtanga Yoga Intermediate Series*), an Ashtanga yoga practice card and a podcast on yoga. She has been featured in Yoga Journal, Yoga Mind Body Spirit, Yoga Joyful Living, Travel & Leisure Magazine, Ocean Drive Magazine, Boca Raton Magazine, Florida Travel & Life Magazine, Six Degrees Magazine as well as appearing on Miami Beach's Plum TV and the CBS Today Show.

Yoga Workshop with Stephanie Keach, E-RYT® 500, March 2011

YOGA SOURCE STUDIO, Nashville, TN

Completed Dynamic Vinyasa Flow Master Class (2 hours) with emphasis on meditation, Pranayama, gentle vinyasa, vigorous vinyasa, and core strengthening in a fluid and playful manner. Included many yoga traditions to include Ashtanga (series 1, 2, &3), Anusara, and Zen Buddhism.

Yoga Teacher Training and Workshops with Shiva Rea, M.A., February 2011

SCARRITT-BENNETT CENTER, Nashville, TN

Completed a full 3 day (21 hours) Tending the Sacred Fire: Teacher Training (7 hours) and Prana Flow Workshops. The training included seasonally aligned yoga practices with namaskars, peak asanas, movement meditation, mantra and mudra vinyasa synchronized around the sacred flow of the breath and inner fire visualization. Living flow reflections for renewal around the New Moon and Chinese New Year on February 2nd were also included. Yoga Trance Dance (a high-energy movement meditation to liberate creative life-force) were conducted. Learning how to teach seasonally balanced energetic vinyasa flow classes to included chanting, meditation, and relaxation was part of teacher training. Shiva is known for bringing the roots of yoga alive for modern practitioners in creative, dynamic and life-transforming ways and for offering the synthesis form of prana flow out in the world. She is the creator of Prana Flow® Yoga, Yogadventure Retreats, Yoga Trance Dance for Life, Moving Activism for 1,008,000 Trees, the worldwide Global Mala Project, Yogini Conferences and E2: The Evolutionary Edge Tour. She writes for Yoga Journal and Yoga International, and has produced a wide range of award-winning CDs and DVDs. She is also on the faculty of UCLA's World Arts and Cultures Program where she received her Master's in Dance Movement Therapy while studying world dance, cultural anthropology, comparative religions and somatics.

Yoga Society of Nashville First Annual Yoga Conference featuring David Williams, October 2010

HALF MOON YOGA STUDIO, Franklin, TN

Completed a four-day Ashtanga yoga workshop entitled "Yoga for the Rest of Your Life," earning 12 continuing education credits. The workshop included instruction on anatomy and physiology; philosophy (the eight limbs of yoga); lifestyle; kriyas; and the Primary and Secondary Series as taught from Sri K. Pattabhi Jois (Ashtanga's Yoga Founder). David Williams was the first non-Indian to be taught the complete Ashtanga Yoga system of poses (asanas) and breathing techniques (pranayama) directly from Jois. In 1974, David became one of the first non-Indians to be certified to teach the Ashtanga Yoga asanas and one of the very few people ever certified by Jois to teach the Ashtanga Yoga pranayama. Furthermore, he introduced K. Pattabhi Jois and his son Manju to America and the western world when he, along with Nancy Gilgoff, organized and sponsored their first visit to Encinitas, California, in 1975. David is responsible for teaching the Ashtanga Yoga system to many of today's leading teachers and practitioners.

Yoga & Sound Workshop with Ramanand Patel and Pandit Mukesh Desai, June 2010

THE YOGA ROOM, Nashville, TN

Actively participated and completed a three-day (12 hours) yoga workshop using classical Indian music as a prop to support deeper penetration and to help introject the breath and senses into the yoga practice (Iyengar based). Ramanand was a student of Guruji, Yogacharya Shri B.K.S. Iyengar and studied Vedanta philosophy under H.H. Swami Dayananda Saraswati. He is especially skilled as an innovator in the use of props and in working with students who have special needs. Pandit Mukesh Desai is an outstanding North Indian Classical vocalist, a senior disciple of world renowned Pandit Jasraj.

Vinyasa Flow Yoga Teacher Training and Certification with Stephanie Keach,

E-RYT® 500, June 2010

YOGA SOURCE STUDIO, Nashville, TN

Completed an intensive 5-day (57 hours) teacher training designed in the fundamentals of teaching vinyasa-flow style yoga to beginning and intermediate students. Workshop included alignment, adjustments, Sun Salutations, Restorative yoga, chanting, anatomy, student teaching, Ashtanga yoga, nutrition, business aspects of yoga, assisting, chakras, sequencing, and inversions.

The curriculum consisted of:

- Techniques = 25 hours
- Teaching methodology = 8 hours
- Anatomy and physiology = 5 hours
- Philosophy = 3 hours
- Practicum = 6 hours
- 10 hours of reading/writing, non-contact hours

Stephanie graduated with a BS in Eastern Religious Studies where she studied the Upanishads and Patanjali's Yoga Sutras, as well as major Buddhist texts. She also taught Yoga at UCSB as well as the Santa Barbara Yoga Center. She owns and teaches at the Asheville Yoga Center in Asheville, North Carolina.

Yoga Workshop with Manju Jois, February 2010

CLEARSPRING YOGA STUDIO, Chattanooga, TN

Completed a 6-hour Ashtanga yoga workshop entitled "Unite with Yourself." Instruction included the following: Primary and Secondary Series, meditation chants (Shanti Mantras or Vedic Peace Chants), poses (asanas), and breathing techniques (pranayama). Manju is the son of Ashtanga Yoga's founder (Sri K. Pattabhi Jois) and has taught the true Mysore Ashtanga method for over 40 years.

Yoga Workshop with Desirée Rumbaugh, February 2010

YOGA SOURCE STUDIO, Nashville, TN

Completed a 3-day (10 hours) workshop in the Anusara yoga style. The workshop included: The Past is History (Hip Openers)/ The Future is a Mystery (Standing Poses and Backbends/ Freedom for the Back, Neck and Shoulders (Twists and Inversions)/The Gift of the Present (Playful Poses of All Kinds). Desirée was one of the first students and certified teachers of Anusara's founder John Friend. She teaches worldwide. In September 2007 she released a DVD entitled *Yoga to the Rescue*, which is specially designed for those who have avoided yoga because of a lack of flexibility, low fitness level or chronic pain. Desirée is also a contributor to *Yoga Journal* and serves on the advisory

board of the *Art of Yoga Project* which brings yoga classes to girls in Juvenile detention in the bay area and elsewhere.

Yoga Workshop with Laura Tyree of Dragonfly Yoga, E-RYT®500, May 2009

YOGA ON THE SQUARE STUDIO, Murfreesboro, TN

Completed 3 ½ hours Movement, Mantra, and Meditation workshop Laura first trained with Jan Campbell and the rigorous Iyengar Yoga method in 1986, while recovering from a sports related injury in college. After meeting teachers Rodney Yee and Erich Schiffmann, she began teaching in 1990. Co-founder of Yoga Source in Nashville TN (1996). Her current studies in yoga therapy are inspired by her teachers JJ Gormley-Etchells and Doug Keller. Both are frequent guest instructors for her Teacher Training Programs. Laura opened the doors to Dragonfly Yoga Studies in FL (2001), consolidating her multiple training workshops into one 13-month teacher's course. She is the director and founder of Dragonfly Yoga Studies and regional yoga teacher training programs. Laura is currently in study to complete her 1200 hr Therapeutic Yoga certification with JJ, (a dedicated student of TKV and Kausthub Desikachar). Laura's love of music and chanting led to the release of "Amma Bhakti" CD in 2007.

Yoga Teacher Training Workshop with Tom and Daphne Larkin, E-RYT® 500, March 2009

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed five hours of a teacher training module in Hip Openers/Forward Folds/Twists Daphne has been teaching since 2001. For the past 8 years, she has studied extensively with Shiva Rea, whom she is honored to assist in workshops and teacher trainings around the world. She also serves as a mentor in the Samudra Global School of Living Yoga. She has created programs designed specifically for professional dancers and is proud to work with the Nashville Ballet. In 2004, she co-founded Sanctuary for Yoga, Body & Spirit in Nashville, Tennessee, with her husband Tom. Together, they offer group classes, privates, workshops and tailored yoga programs for individuals that are in harmony with the demands of everyday life. In addition, they direct a 200-hour teacher training program based at Sanctuary. They've been featured in Shape Magazine, Fit Yoga, Woman's World, and Prevention Magazine in addition to a number of Nashville publications.

Yoga Workshop with Martin Kirk, February 2009

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed four days (23 hours) of yoga training to include a comprehensive study of anatomy as it relates to teaching yoga safely for all individuals to include topics: the spine, pelvic girdle, shoulder girdle, proprioceptive sense, legs, knees, feet, arms, and wrists, therapeutic application and applications in asana. Martin Kirk is a Senior Anusara Instructor and author of important yoga anatomy texts. Martin is a Certified Anusara® yoga Instructor. He discovered his love for yoga in 1993 while earning a Master's Degree in Biomedical Engineering. He met John Friend the next year and became a devoted student of Anusara yoga. He has transitioned from a successful 20-year career as an engineer in the space industry to teaching and sharing his passion for yoga full-time. He is the co-author of the successful book, *Hatha Yoga Illustrated* and is co-writing (along with Ellen Saltonstall and Jordan Kirk) *Yoga Anatomy: The Biomechanics of Anusara Yoga*. He is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider.

Yoga Teacher Training Workshop with Kishan Shah, E-RYT®, December 2008

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed three day (18 hours) intensive training for teachers [Our Cosmic Dance] to include discourse on Samkhya Philosophy (the oldest school of philosophy stemming from India originally taught by Sage Kapila); the original science that Yoga and Ayurveda are founded upon. Also included Vata Hara Vinyasa Yoga: Pacification of Space and Air and the Yoga Sutra of Patanjali. Kishan has completed teacher trainings in the Himalayas with Swami Govindananda at the Sivananda Yoga & Vedanta Ashram, Advanced Vinyasa Flow Studies with Shiva Rea at Sacred Movement, and several months of study with Sri K. Pattabhi Jois in Mysore, India as well as Lino Miele in Kovalum, India. He is finishing a graduate degree in Ayurvedic Holistic Medicine and teaches Vinyasa Flow Yoga at Exhale Center for Sacred Movement in Venice, CA. He serves as an adjunct Professor at UCLA in the Dept. of World Arts & Cultures lecturing on East Indian spirituality, philosophy, culture, and the practices of Yoga & meditation.

Yoga Teacher Training Workshop with Tom and Daphne Larkin, E-RYT® 500, and Cathy Stallworth, MD, RYT®, November 2008

SANCTUARY FOR YOGA, Nashville, TN

Completed three day (18 hours) intensive training for teachers [Standing Poses/Standing Balance/Core Integration] to include the foundation of standing poses and their importance in the sequencing of a class; identified their relationship to other key poses, modifications, alignment principles, key actions and injury prevention. Dr. Catherine Stallworth graduated from Baylor College of Medicine in 1990, and completed her training in Physical Medicine and Rehabilitation, also at Baylor, in 1994. Upon completion of her residency, she moved to Nashville, Tennessee, where she started a private physical medicine and rehabilitation practice. In addition to her medical practice, Stallworth teaches therapeutic yoga, anatomy and physiology. She is the medical director of Live Oak Preserve, a wellness community under development in Corpus Christi, Texas, and is a Fellow in Integrative Medicine at the University of Arizona. She is trained in medical hypnosis and is the author of the soon-to-be published book, *Be Well: A Doctor's Guide to Healing with Yoga*.

Yoga Teacher Training Workshop with Kishan Shah, E-RYT®, November 2008

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed three day (18 hours) intensive teacher training to include discourse on basic Ayurvedic principles and pacification of Vata Dosha; Mantra Sadhana; Vedic Chanting; Yoga Nidra; Dinacharya (daily routine for balance); and Yoga Snehana Swedana (yoga detox).

Yoga Teacher Training Workshop with Simon Park, Shiva Rea Senior Teacher, November 2008

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Completed an 11-hour workshop to include Prana Vinyasa Flow/The Art of Hands on Adjustments (Teacher Training Master Class)/Inversions, Arm Balances and Creative Assists (Advanced Class)/Body Enlightening (Thai Massage, partner yoga and gravity-free bodywork). Simon Park was featured in *Yoga Journal* as “one of the most influential and gifted...next generation of yoga teachers.” He draws inspiration from many styles (Vinyasa, Iyengar, Ashtanga, Thai massage, and martial arts) and teachers (Shiva Rea, Maty Ezraty, Joan White, Duncan Wong, and Dharma Mittra). He leads workshops and teacher trainings in Vinyasa Yoga and Thai massage worldwide.

Yoga Teacher Training Immersion Workshop with Tom and Daphne Larkin, E-RYT® 500,
October 2008

RETREAT AT LICK CREEK FARM, TN

Completed four-day intensive (about 25 hours) retreat to include topics: the roots of yoga and examination of the many branches of vinyasa flow; foundational elements of a class; the essential nature of prana; vinyasa karma and the relationship between poses and sequencing.

Yoga Workshop with Laura Tyree of Dragonfly Yoga, E-RYT® 500, June and July 2008

YOGA ON THE SQUARE STUDIO, Murfreesboro, TN

Completed one day workshops (12 hours) including topics of the 4 stages of life and how it relates to yoga, Vinyasa Karma, Vyuhā (a model for healing) and sequencing.

Yoga Workshop with Martin and Jordan Kirk, February 2008

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Actively participated and completed a three day (18 hours) intensive Anusara Yoga Training [The Power of Story] including hip openers, shoulder openers, inversions, backbends, forward bends, core building, and arm balances with textbook authors Martin and Jordan Kirk (*Hatha Yoga Illustrated*).

Yoga Workshop with Rolf Gates, January 2008

HOT YOGA NASHVILLE STUDIO, Nashville, TN

Completed a one day (6 hours) hot yoga workshop with renowned author of *Meditations from the Mat*. Rolf conducts Vinyasa Intensives and 200/500 Teacher Trainings throughout the US and abroad. A former social worker and US Airborne Ranger who has practiced meditation for the last twenty years, Rolf brings his eclectic background to his practice and his teachings. Rolf and his work have been featured in numerous magazines to include Yoga Journal, Natural Health and People Magazine and as one of 'Travel and Leisures' Top 25 Yoga Studios Around the World. A frequent conference presenter, he was the Keynote Speaker at the 10th Annual Midwest Yoga Conference, IL. Rolf Gates is the co-founder of the Yoga + Recovery Conference, Esalen Institute, Big Sur CA. and brought Yoga and Functional Stretching to the US Department of Defense's Tri-County Summit on Sustainability.

Yoga Teacher Training Workshop with Roger Cole, Ph.D., October 2007

THE YOGA ROOM (sponsored by the Yoga Society of Nashville), Nashville, TN

A 9-Hour Workshop for Yoga Teachers and Experienced Students (Iyengar Yoga) Topics: Yoga Curriculum Design | How to Sequence Postures | How to Observe Students | How to Adjust Postures | Effective Use of Props | Yoga Safety

Roger Cole, Ph.D. is a certified Iyengar yoga teacher trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. He has practiced yoga since 1975 and taught since 1980. He has been featured in five of Yoga Journal's asana calendars, co-organized two Iyengar yoga conventions, authored articles on yoga biology and therapeutics, and taught yoga as a healing art to physicians, physical therapists, medical students and patients. He currently teaches at Yoga Del Mar (www.yogadelmar.com) near San Diego and conducts workshops throughout the U.S. and abroad. His specialties include teacher training and the anatomy and physiology of yoga and relaxation. Roger is also an accomplished scientist. He began studying sleep physiology at Stanford University in 1975. He earned his bachelor's degree in Psychology from Stanford in 1979 and his doctorate in Health Psychology from the University of California, San Francisco in 1986. At UCSF he investigated the human relaxation response and the effects of posture on sleep and brain waves. He

co-founded Synchrony Applied Health Sciences of Del Mar California in 1987. Synchrony is an innovative provider of health promotion services and products. At Synchrony, Roger is currently developing products, conducting research on sleep and biological rhythms and consulting to industry.

Yoga Workshop with Simon Park, October 2007

SANCTUARY FOR YOGA STUDIO, Nashville, TN

The Unitive Power of Yoga Workshop. A three-day (9 hours) workshop including topics: Prana Flow, Jai Hanuman! Inversions and Arm Balances, and Surfing the Vinyasa Wave.

Yoga Workshop with Martin and Jordan Kirk, February 2007

SANCTUARY FOR YOGA STUDIO, Nashville, TN

Actively participated and completed a three day (18 hours) intensive Anusara Yoga and Yogic Anatomy Training [The Three Pillars of Grace] with textbook authors Martin and Jordan Kirk (*Hatha Yoga Illustrated*).

Yoga Workshop on New Year's Day with Angela Grace, January 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

YOGA ON THE SQUARE STUDIO, Murfreesboro, TN

A 1 ½ hour's workshop of 108 Sun Salutations (12 total hours). Angela owns, operates, and teaches at the local yoga studio (Yoga on the Square, opened in October 2005). Her journey began in 1979, as her studies and passion for movement led her into Exercise Science, group and individual instruction in fitness, aquatics and physical therapy. She has a master's degree in health and wellness. Angela co-directs the Dragonfly Yoga Certification Program in Tennessee, offering a Yoga Alliance approved 200 hr certification.

Yoga & Sound Workshop with Ramanand Patel and Pandit Mukesh Desai, August 2006

INSTITUTE FOR THERAPEUTIC MASSAGE & MOVEMENT (sponsored by The Yoga Room), Nashville, TN

Actively participated and completed a three-day (12 hours) yoga workshop using classical Indian music as a prop to support deeper penetration and to help introject the breath and senses into the yoga practice (Iyengar based).

Yoga Womb Workshop, Prenatal Teacher Training with K-Lea Gifford, January 2005

12 SOUTH YOGA STUDIO, Nashville, TN

Actively participated and completed a three-day in-depth Teacher Training workshop (13 hours) for teaching and demonstrating correct, safe Yoga asana to pregnant clients/students. Included a thorough study of which poses are contraindicated for pregnancy, which asana is appropriate for each trimester, breathing techniques, and which poses are best to help alleviate common discomforts during pregnancy. K-Lea has been practicing since 1983. She is Iyengar certified at the Intermediate Junior Level 2 and has been teaching since 1990. K-Lea has studied with the Iyengar family in Pune, India several times. She has taught retreats and workshops in the United States and Canada. K-Lea was the founder of 2 yoga studios in Nashville, TN. She appears in the **Gaiam Living Arts Video "Living Yoga"**. K-Lea has modeled for Redbook and Fit Magazines and appeared on both local and national television in the United States. She has taught at several Yoga Journal Conferences, New Age Journal's Body & Soul Conference and The Southeast Yoga Conference.

Yoga Workshop on New Year's Day with Rachel Moss, January 2005

12 SOUTH YOGA STUDIO, Nashville, TN

A 1 ½ hour workshop of 108 Sun Salutations. Rachel is a Junior 1 Level Certified Iyengar Yoga Instructor.

Yoga Workshop on New Year's Day with Johnny Johns, January 2002, 2003, 2004

YOGA STUDIO OF MURFREESBORO, Murfreesboro, TN

A 2 ½ hours workshop (each year, 7.5 hours total) of 108 Sun Salutations, pranayama, dhyana. Johnny is a graduate of the San Francisco Iyengar Institute. He opened Murfreesboro's first yoga studio in 1989. He has been practicing yoga for over 30 years and is also a licensed massage therapist.

Yoga Workshop on Valentine's Day for Couples with Johnny Johns, February 2004

YOGA STUDIO OF MURFREESBORO, Murfreesboro, TN

A 2 ½ hours workshop including partner yoga with focus on physical postures, conscious breathing, trust, and communication.

Yoga Workshop with Johnny Johns, November 2003

ST. MARY'S RETREAT CENTER, Sewanee, TN

Actively participated and completed a three-day Iyengar Yoga workshop (8 hours) with asana, pranayama, and dhyana.

Yoga Workshop with Janet MacLeod, September 2003

YOGA STUDIO OF MURFREESBORO, Murfreesboro, TN

Actively participated and completed a three-day Iyengar Yoga workshop (9 hours). Janet was certified as an Iyengar Yoga instructor in 1983. She continues to study with the Iyengar family in India and in the west having attended many conventions. She teaches classes to the general public in San Francisco; teaches in the Teacher Training Program at the Iyengar Yoga Institute of San Francisco (IYISF) and conducts retreats and workshops.

Iyengar Inspired Yoga Teacher Training Program with John Charping, Ph.D. and Betty Larsen, MSW, January 2002 to January 2003

SOUTHERN INSTITUTE FOR YOGA INSTRUCTORS, Nashville, TN

Completed extensive (1,000 hours) 13-month teacher training certification program including the following: 240 hours of weekend modules, 30 hours of Anatomy and Physiology, 30 hours of Yoga Philosophy, Ayurvedics & Sanskrit, 100 hours of Teaching (Iyengar Style), and 100 hours of Workshops and Teacher Training Intensives with qualified, certified Teachers.

The modules included:

1. Introduction to teachers training (including topics such as safety issues, observations/adjustments of students, touching, using props, contraindications, class themes and sequencing of poses, principles of alignment, teaching breath awareness, principles of pranayama, introduction to practice teaching with peers, asana, and pranayama classes)
2. Standing Poses I
3. Standing Poses II and leg stretches
4. Shoulder Work
5. Balancing Poses
6. Hip Openers

7. Vinyasana (posture flows-sun salutes, earth salutes, and more)
8. Backbends and preparations (spine and torso anatomy)
9. Twists and revolved poses
10. Inversions (neck anatomy)
11. Supported-healing poses and working with special needs
12. Forward Bends and leg stretches
13. Make-up and review

John Charping, Ph.D., Program Director of the Southern Institute for Yoga Instructors, is a nationally known author and speaker in the field of human relations who now devotes himself entirely to studying and teaching yoga. Prior to teaching yoga, John taught for 20 years in a graduate program at The University of Tennessee where, in addition to his classroom teaching and research, he worked on curriculum development (chairing the college-wide curriculum committee for several years), provided consultation and supervision for student practicum and academic programs, and served in various capacities regarding overall program development. He has spoken and written about mindfulness in everyday life, stress management, self-esteem/assertiveness, and the power of expectations in influencing human behavior. He also presents workshops on yoga, mindfulness and stress reduction to local and national groups. For many years John conducted weekly yoga classes at The Yoga Room of Nashville (former co-directors with his wife Betty Larsen), as well as weekly yoga classes and music therapy groups at a local hospital psychiatric unit. John received his doctorate from Peabody College of Vanderbilt University and has a MSW in clinical group work. Since 1989 when John began teaching yoga, he has studied exclusively Iyengar yoga with numerous senior teachers from around the country with Ramanand Patel being his primary teacher.

Betty Larsen, MSW, is an Iyengar Certified Yoga Instructor who has taught yoga since 1982. She is also a clinical social worker. She was Curriculum Director of the Southern Institute for Yoga Instructors (SIYI). In addition to teaching public yoga classes over the years, Betty directed a teacher training and apprenticeship program through The Yoga Room of Nashville beginning in 1986 until 1999 when she, along with her husband John Charping, began the Southern Institute for Yoga Instructors. Since the mid-eighties, Betty has written a number of articles on yoga; appeared on numerous television programs; was featured and quoted in numerous local and national magazines including Yoga Journal, McCall's Magazine, Self, and featured in an article in the May 1997 issue of American Health for Women; as well as featured in two books: What Matters Most: Intimate Interviews with Notable Nashvillians (Dolman, 1997) and A Celebration of Women 1999 (The Women's Fund Foundation, 1999). Betty has studied yoga in both the United States and in India with the Iyengar, training extensively at the Iyengar Teacher's Training Institute in San Francisco. Betty has lived in Asia (Sri Lanka) and studied with BKS Iyengar in Pune in 1989. Since that time, she has continued her training with Geeta Iyengar and Ramanand Patel.

Yoga Teacher Training Workshop with Roger Cole, Ph.D., November 2002

THE YOGA ROOM, Nashville, TN

Completed an intensive 18 hours Anatomy of Asana and Human Physiology (Iyengar based) workshop.

Yoga & Sound Teacher Training Immersion with Ramanand Patel and Pandit Mukesh

Desai, August/September 2002

CENTER FOR NEW BEGINNINGS, Dahlonga, GA

Actively participated and completed a one-week (42 hours) intensive teacher training workshop with

Iyengar influence to include the use of classical Indian music to deepen the practice of yoga asana, pranayama, and dhyana.

Pilates Corefit Certification, Exercise Science Alliance

October 2002

MTSU Recreation Center, Murfreesboro, TN

Pilates floor/mat exercise certification. Expired 2004.

Yoga Teacher Training Workshops in Anatomy with Zana Zeigler, M.A.,

April, June, August, October 2002

THE YOGA ROOM, Nashville, TN

Four 3-hour (12 hours total) workshops divided into Hip, Shoulder, Spine & Trunk, and Neck. Zana holds a Bachelors Degree in Education (Florida International University), a Master of Fine Arts Degree (University of Georgia), and a Masters of Divinity (Vanderbilt University). She graduated from the Atlanta School of Massage in 1981 and is certified in the St. John Method of Neuromuscular Therapy, including studies of Scoliosis and Cranial Soft-Tissue Decompression. She holds advanced certification in Temporomandibular Joint Dysfunction (TMJD) from the Institute for Temporomandibular Studies, and Neurokinetic Therapy/Benny Vaughn. She has studied Musculoskeletal Pain and Muscle Function/Janda Technique, and Myoskeletal Alignment/Eric Dalton. She is licensed by the State of Tennessee, is a member of the AMTA (American Massage Therapy Association), and certified by the NCBTMB (National Certification Board for Therapeutic Massage and Bodywork). Zana founded the Nashville Neuromuscular Center in 1992.

Yoga Workshop with Johnny Johns, November 2001

ST. MARY'S RETREAT CENTER, Sewanee, TN

Actively participated and completed a three-day Iyengar workshop (8 hours)

Yoga Workshop with Janet MacLeod, September 2001

YOGA STUDIO OF MURFREESBORO, Murfreesboro, TN

Actively participated and completed a three-day Iyengar workshop (9 hours)

Professional Organizations

Yoga Alliance Organization, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020

Arlington, VA

Registered at the highest level as an E-RYT® 500 (Experienced Registered Yoga Teacher). The Yoga Teacher's Registry recognizes and promotes teachers that meet their standards. The E-RYT® 500 has at least 4 years and 2,000 hours of teaching experience and is qualified to train teachers at the corresponding level and to conduct Continuing Education training. Registered as a Yoga Alliance Continuing Education Provider



Yoga Society of Nashville, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015

Nashville, TN

A local yoga organization which promotes interest in the practice of yoga by making connections between teachers and students, fostering fellowship, community outreach, and educational endeavors.

Research Contributions

Faculty Co-Advisor, Fall 2018

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN
Worked with and advised Honor's College Student, Whitney Ingle, on her thesis titled: The Short-Term Mental Health Effects of Yoga on College Students. Collaborated with Dr. Coons in Exercise Science.

Research Collaborator, Fall 2017

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN
Planned research with Dr. Coons from Exercise Science and his students (Exercise Science Majors), investigating the effects of yoga on psychological factors with pre- and post- measurements.

Facilitator of Research, Fall 2008

MTSU PSYCHOLOGY DEPARTMENT, Murfreesboro, TN
Collaborated with Dr. Catherine Crooks and her students (Walter Roberts and Stacy Lawrence) to conduct two research projects on students enrolled in my yoga classes; (1) a study of the effects of yoga and AD/HD symptoms, and (2) a study of body image and yoga. Assisted in the research process by administering surveys (Body Self-Image Questionnaire-Short Form and ADHD Screening Survey) and collecting data in pre- and post- tests.

Facilitator of Research, Fall 2008

MTSU HEALTH AND HUMAN PERFORMANCE DEPARTMENT, Murfreesboro, TN
Collaborated with Dr. Brandi Eveland-Sayers' students (Keri Barnes, Marla Fulsher, Kevin Hulsey, Mollie Wright, Jessica Zembek) in conducting a research study on yoga for flexibility. Assisted in the dissemination of the Exercise-Induced Feeling Inventory and the Instrumentation of the Trunk Extension test, Sit-and-Reach test, and Shoulder Stretch test.

Additional Certifications

Mental Health First Aid USA

Completed an 8-hour course and certificate in Mental Health. Trained to provide initial help to people experiencing problems such as depression, anxiety disorders, psychosis, and substance use disorders. Certificate effective August 15, 2019 through August 15, 2022.

Additional Training

Residency II Training for MTSU Supervisor, Summer 2020

MTSU College of Education Department, Murfreesboro, TN
Attended 16-hour (3 ½ days) training. The Residency II experience is the final phase of the teacher education program at MTSU. It is a semester of full-time public school teaching consisting of two field placements, each under the direction of an experienced, licensed teacher under the auspices of the Office of Professional Laboratory Experiences (OPLE). The first placement consists of eight weeks at one of the grade levels of licensure. The second placement is at a different grade level and

most often occurs in a different school setting. Two placements are required for licensure and each provides a variety of experiences. The Teacher Candidate, Mentor Teacher, MTSU Supervisor, and Principal will work together as a team to make field placements a valuable experience. Each placement provides opportunities for the Teacher Candidate to develop competencies through observation, teaching, assessment, and reflection. Certified as a TN TEAM evaluator by The TN Department of Education.

Creative Activities

Creative activities could include the teaching outside of my position. I have had creative collaborations with health, exercise science, athletics, dance, children with special needs, teenagers, and professional adults in information technology as well as other professions.