

Education, Experience and Professional Organizations

Professional Organizations

Kripalu Yoga Teachers Association	Since 1995
American Association of Drugless Practitioners	Since 2009
Yoga Alliance, 500PRYT	Since 2000
National Association for Health Coaches	Since 2013

Training

Bio-Energetic Practitioner — Certified Practitioner	2015
Functional Diagnostic Nutrition® - Certified FDN Practitioner	2013
Health Excel —Certified Metabolic Typing Advisor	2013
The Healing Codes —Certified Healing Codes Practitioner	2013
Institute for Integrative Nutrition —Certified Health Coach	2009
Synchronicity Foundation for Modern Spirituality Synchronicity Meditation and Holistic Lifestyle Teacher Certification	2001
Kripalu Center for Yoga and Health 500 hour Professional Level Teacher Certification	2001
Phoenix Rising - Phoenix Rising Yoga Therapy Certification	1994
Reiki Level I and Level 2 Certification	1993
Kripalu Center for Yoga and Health - 200 hour Yoga Teacher Certification	1986
Kushi Institute - Macrobiotic Lifestyle Teacher Certification	1985
University of Northern Colorado, Greeley Colorado BS in Business Administration with an emphasis in Finance and Accounting	1981

Experience

Integrative Wholeness, Landrum SC Founder, Wellness Coach, Fibromyalgia Coach Yoga and Meditation Instructor, Healthy Living Educator	2008– Present
Institute for Integrative Nutrition Health Coach	2012-2013
Synchronicity Foundation for Modern Spirituality, Faber VA Resident Staff, Meditation Facilitator, Holistic Lifestyle Educator	2005-2008
The Yoga Connection, Littleton CO Founder, Director, Yoga, Meditation and Healthy Living Instructor, Phoenix Rising Yoga Therapist	1996-2005
Kripalu Center for Yoga and Health, Lenox MA Resident staff	1985-1991
Authur Young and Company, Denver CO Staff Auditor	1981-1994