



Trina Lynn Altman, PMA-CPT®, E-RYT 500

Creator of Pilates Deconstructed™, Yoga Tune Up®, Roll Model Method®, and Rx Series Teacher Trainer, STOTT PILATES® Instructor, and National Conference Presenter

203.738.9480.
altmantrina@gmail.com

Training/Credentials:

Brown University, Providence, RI

- BA in Political Science, May 1994

YOGAspirit®, Hamden, CT

- 200 hour YOGAspirit® Teacher Training (2008) with Kim Valeri
- 500 hour YOGAspirit® Yoga Therapy Practitioner Teacher Training (2009) with Kim Valeri
- Member of Yoga Alliance and International Association of Yoga Therapists since 2008

Yoga Tune Up®, Los Angeles, CA

- 6-Day Intensive Human Dissection Workshop, (2012) with Gil Hedley, Ph.D.,
- Integral Anatomy Intensive (2011 and 2012) with Gil Hedley, Ph.D.,
- Core Immersion (2011) with Jill Miller
- Hips and Bliss Immersion (2011) with Jill Miller
- Shoulders Immersion (2011) with Jill Miller
- Therapy Ball Practitioner Training (2011) with Jill Miller
- Level 1 - 70 hour Certification Program (2010) with Jill Miller
- Embodied Integrated Anatomy (2010) with Sarah Court

Pilates Education and Training:

- STOTT PILATES® Injuries and Special Populations (2011)
- STOTT PILATES® Reformer Level 1 Certified Instructor – (2010)
- STOTT PILATES® Mat Level 1 Trained Instructor with Risë Karns Stokstad – (2010)
- STOTT PILATES® Reformer Level 2 Trained Instructor – (2010)
- STOTT PILATES® Cadillac, Stability Chair, and Barrels Level 1 (2010)
- STOTT PILATES® One year of twice weekly private sessions with Risë Karns Stokstad (2009- 2010)
- PowerFlowMETHOD® Mat Level 1 Training with Melanie Johnson – New Haven, CT (2007)

Anatomy Certification and Training:

- Fascial Fitness Workshop, with Robert Schleip, Ph.D., Los Angeles, CA (2013) (14 hours)
- 6-Day Intensive Human Dissection Workshop, with Gil Hedley, Ph.D., San Francisco, CA (2012)
- Integral Anatomy Intensive™, with Gil Hedley, Ph.D., Ojai, CA (2011) and Los Angeles, CA (2012) (7 hours)
- Anatomy In Three Dimensions™ with Dallas Everleth, Pilates On Tour, Chicago, IL (2009) (16 hours)

Body Work Certification and Training:

- Reiki Level 1 and 2, with Maa Gyaan Suveera, KIRTI Research and Training Institute, Rishikesh, India (2010)
- Open Sky Pro-Clinic Level 1, with Julian Walker, Santa Monica, CA (2010)
- Introduction to Rolfing, with Kevin McCoy, Brookfield, WI (2008)

Fitness Training:

- CORE™ Instructor Foundation Course, Level 1 with John Garey, Long Beach, CA (2012)
- CPR/AED certified

Primary Teachers:

- Jill Miller, ERYT, creator of Yoga Tune Up®
- Marie-Jose Blom, Master teacher and presenter, Founder and Director of Long Beach Dance Conditioning and Creator of the SmartSpine Wellness System.
- Kim Valeri (Amritma) ERYT, founder and director of YOGAspirit® studios and
- YOGAspirit® teacher training, master teacher and spiritual counselor
- Risë Karns Stokstad M.F.A., STOTT® Pilates Instructor Trainer, founder of Pilates Center Cedar Rapids
June Meiling Chiang, Certified Pilates, Gyrotonic and Yamuna Body Rolling Instructor
- Ellen Sevy B.A., GCFP Guild Certified Feldenkrais Practitioner

Work Experience:

Conference Presenter:

SYMPOSIUM for YOGA THERAPY and RESEARCH CONFERENCE, Austin, TX

- Yoga Tune Up® Master Class (2014)

SYMPOSIUM for YOGA THERAPY and RESEARCH CONFERENCE, Boston, MA

- Yoga Tune Up® Workshop Session (2013): The Dynamic Diaphragm-co- presenting with Jill Miller the creator of Yoga Tune Up®

YOGA ALLIANCE LEADERSHIP CONFERENCE, Indian Wells, CA

- Yoga Tune Up® Workshop Session (2012): Core Integration: A Total Abdominal Awakening

ECA-BALANCE CONFERENCE, Las Vegas, NV

- Yoga Tune Up® Workshop Sessions (2012): Shoulder Shape Up, Hip Help for Everyone, KneeHab, Breathe In, Bliss Out

SOUTH BAY YOGA CONFERENCE, Los Angeles, CA

- Yoga Tune Up® Workshop Sessions (2012 & 2013): Shoulder Shakti (2012), Hip Helpers (2012), Pelvis Progressions and the Sacred Sacrum (2013), Get CORE-ganized (2013), Therapy Balls: Strategies for Self Care (2013)

FLAGSTAFF YOGA FESTIVAL, Flagstaff, AZ

- Yoga Tune Up® Workshop Sessions (2012): Shoulder Shakti, Hip Helpers, Therapy Balls: Strategies for Self Care

Pilates Immersions/Workshops:

- **CLUB PILATES**, Manhattan Beach CA (2015) Pilates Deconstructed™ Immersion: Toolbox for Physical and Occupational Therapists, taught 7 hour course to PT's and OT's from UCLA
- **PLAYA PILATES**, Playa Vista CA (June and November 2015) Pilates Deconstructed™ Immersion: Toolbox for Your Reformer Classes, taught 7 hour course
- **THE MOVING JOINT**, Los Angeles, CA (2015) Pilates Deconstructed™ Immersion: Toolbox for Your Reformer Classes, taught 7 hour course
- **THE MOVING JOINT**, Los Angeles, CA (2014) The Sacred Sacrum & Pelvic Progressions for Pilates Professionals, taught 2 hour workshop
- **SWEAT PILATES**, Culver City, CA (2013) Pilates: Redefine Your Core from the Inside Out, taught 2 hour workshop
- **PILATES CEDAR RAPIDS** (now called **Metamorphosis Pilates Center**), Cedar Rapids, CA (2012) Pilates Tune Up: Tools for Teachers, taught 3 hour workshop

Teacher Trainer for Yoga Tune Up® Level One Certification:

- **THE MAT YOGA**, Dallas, TX (2015) Yoga Tune Up® Level One Certification, taught 70 hour teacher training
- **YOGA HOUSE**, Pasadena, CA (2015) Yoga Tune Up® Level One Certification, taught 70 hour teacher training
- **YOGA HOUSE**, Pasadena, CA (2013 & 2014) Yoga Tune Up® Level One Certification co-taught 70 hour teacher training with Sarah Court
- **KRIPALU CENTER FOR YOGA AND HEALTH**, Stockbridge, MA (2012) Yoga Tune Up® Level One Certification, co-taught 70 hour teacher training with Jill Miller, the creator of Yoga Tune Up®

Teacher Trainer for Yoga Tune Up® Integrated Embodied Anatomy Training:

- **YOGAWORKS**, Tarzana, CA (2014 & 2015) Yoga Tune Up® Integrated Embodied Anatomy Training, taught 20 hour anatomy module
- **THE MAT YOGA**, Dallas, TX (2014) Yoga Tune Up® Integrated Embodied Anatomy Training, taught 20 hour anatomy module for THE MAT YOGA 300 hour teacher training
- **PURE YOGA**, New York City, NY (2012 & 2013) Yoga Tune Up® Integrated Embodied Anatomy Training, taught 20 hour anatomy module for the PURE Yoga 200 hour teacher training

Teacher Trainer for Yoga Tune Up® Therapy Ball Certification/Rx Series/ Roll Model Method®:

- **THE MAT YOGA**, Dallas, TX (2014) Yoga Tune Up® Therapy Ball Practitioner Training, taught 8 hour certificate course as part of The Mat Yoga's 300 hour teacher training
- **YOGA ON YORK**, York, ME (2014) Yoga Tune Up® Therapy Ball Practitioner Training, taught 8 hour certificate course as part of the Yoga on York 300 hour teacher training
- **KRIPALU CENTER FOR YOGA AND HEALTH**, Stockbridge, MA (2014) Yoga Tune Up® Therapy Ball Practitioner Training, co-taught 8 hour certificate course with Jill Miller, the creator of Yoga Tune Up®
- **YOGAWORKS**, Newport Beach, CA (2014 & 2015) Yoga Tune Up® Therapy Ball Practitioner Training, taught 8 hour certificate course
- **EQUINOX**, Toronto, Canada (2014) Rx Series Training, taught 8 hour certificate course for Group Fitness Instructors and Managers
- **YOGAWORKS**, Tarzana, CA (2014) Yoga Tune Up® Therapy Ball Practitioner Training taught 8 hour certificate course
- **EQUINOX**, Washington DC (2013) Rx Series Training Part 2, taught 7 hour certificate course for Group Fitness Instructors and Managers
- **YOGAWORKS**, Costa Mesa, CA (2013) Yoga Tune Up® Therapy Ball Practitioner Training Taught 8 hour certificate course
- **EQUINOX**, Dallas, TX (2013) Rx Series Training Part 2, taught 7 hour certificate course for Group Fitness Instructors and Managers

- **EQUINOX**, New York City, NY (2013) Rx Series Training Part 1, taught 8 hour certificate course for Group Fitness Instructors and Managers
- **PARK NICOLLET HEART & VASCULAR CENTER**, Minneapolis, MN (2012) Yoga Tune Up® Therapy Ball Practitioner Training, taught 8 hour certificate course

Teacher Trainer for Yoga Tune Up® Immersions:

- **YOGA ON YORK**, York, ME (2014) Yoga Tune Up® Hips Immersion, taught 14 hour certificate course as part of the Yoga on York 300 hour teacher training
- **YOGA ON YORK**, York, ME (2014) Yoga Tune Up® Core Immersion, taught 14 hour certificate course as part of Yoga on York 300 hour teacher training
- **KRIPALU CENTER FOR YOGA AND HEALTH**, Stockbridge, MA (2014) Yoga Tune Up® Core Immersion, co-taught 23.5 hour certificate course with Jill Miller, the creator of Yoga Tune Up®
- **YOGAWORKS**, Larchmont, CA (2013) Yoga Tune Up® Shoulders Immersion, taught 18 hour certificate course

Retreat Presenter:

- **LITTLE CORN ISLAND, NICARAGUA** (2016) Yoga & Yoga Tune Up® Retreat Week: Co-presenting with Jules Mitchell, M.S. through International Yoga
- **CAL-A-VIE**, Vista, CA (2014) Yoga Tune Up® Retreat Week

Workshop Presenter:

- **YOGA VISTA**, Playa Vista, CA (2015) Yoga Tune Up® Refine Your Spine
- **THERAYOGA**, Montrose, CA (2015) Yoga Tune Up® Pelvic Progressions & the Sacred Sacrum Workshop
- **YOGA VISTA**, Playa Vista, CA (2015) Yoga Tune Up® Shoulder Shape Up
- **YOGAWORKS**, South Bay, CA (2015) Yoga Tune Up® Prioritize Your Spine: Rotate, Wrap & Bind
- **YOGA VISTA**, Playa Vista, CA (2014) Yoga Tune Up® Core Integration: A Total Abdominal Awakening
- **YOGAWORKS**, Newport Beach, CA (2014) Yoga Tune Up® Weekend of Workshops: Prioritize Your Spine & Shoulder Shape Up

- **YOGAWORKS**, Laguna Beach, CA (2014) Yoga Tune Up® Weekend of Workshops: Hip Helpers for Classic Poses and Pelvic Progressions & the Sacred Sacrum Workshop
- **YOGAWORKS**, Westlake Village, CA (2014) Yoga Tune Up® Weekend of Workshops: Love Your Core from Inside Out & Therapy Balls: Strategies for Self Care
- **YOGA VISTA**, Playa Vista, CA (2014) Yoga Tune Up® Sacred Sacrum & Pelvic Progressions
- **THE MAT YOGA**, Dallas, TX (2014) Yoga Tune Up® Weekend of Workshops: Core Integration, Shoulder Shape Up & Happy Hips
- **YOGAWORKS**, Newport Beach, CA (2014) Yoga Tune Up® Prioritize Your Spine: Rotate, Wrap & Bind and Shoulder Shape Up
- **YOGAWORKS**, Newport Beach, CA (2013) Yoga Tune Up® Core Integration: A Total Abdominal Awakening and Therapy Balls: Strategies for Self Care
- **CORE POWER YOGA**, Torrance, CA (2013) Yoga Tune Up® Core Integration: A Total Abdominal Awakening
- **YOGAWORKS**, Santa Monica, CA (2013) Yoga Tune Up® Weekend of Workshops Core Integration & Therapy Balls: Strategies for Self Care
- **YOGAWORKS**, Costa Mesa, CA (2013) Yoga Tune Up® Weekend of Workshops: Core Integration, Breathe In Bliss Out, & Retrofit Your Down Dog
- **SWEAT PILATES**, Culver City, CA (2012) Yoga Tune Up® Shoulder Shape Up
- **ANGEL CITY BODY KINETICS**, Marina Del Rey, CA (2012) Yoga Tune Up® Therapy Ball Workshop
- **YOGASYLUM**, Brookfield, WI (2012) Yoga Tune Up® Weekend of Workshops: Therapy Balls: Strategies for Self Care, Retrofit Your Downward Dog, & Breathe In Bliss Out
- **SOULISTIC**, Chicago, (2012) Yoga Tune Up® Core Integration: A Total Abdominal Awakening
- **HEARTLAND YOGA**, Iowa City IA (2012) Yoga Tune Up® Weekend of Workshops Therapy Balls, Retrofit Your Downward Dog, & Hip Helpers
- **SWEAT PILATES**, Culver City, CA (2012) Refine Your Spine Workshop
- **SWEAT PILATES**, Culver City, CA (2012) Yoga Tune Up® Therapy Ball Workshop
- **STUDIO PULSE**, Redondo Beach, CA (2012) Yoga Tune Up® For Athletes
- **SWEAT PILATES**, Culver City, CA (2012) Yoga Tune Up® Core Integration: A Total Abdominal Awakening
- **ANGEL CITY BODY KINETICS**, Marina Del Rey (2011) Yoga Tune Up® Breathe In Bliss Out

- **ANGEL CITY BODY KINETICS**, Marina Del Rey (2011) Yoga Tune Up® Hip Helpers
- **CALABASAS SWIM & TENNIS CENTER**, Yoga Tune Up® Total Body Tune Up (2011), Calabasas, CA
- **SWEAT PILATES**, Yoga Tune Up® Breathe In Bliss Out (2011), Culver City, CA
- **GODA YOGA**, Yoga Tune Up® Retrofit Your Down Dog (2010), Culver City, CA

Specialty Classes:

- **YOGASMOGA**, Brentwood, CA (2014 and 2015) Yoga Tune Up® Morning Class, taught community class as a Smogi Ambassador
- **KRIPALU CENTER FOR YOGA AND HEALTH**, Stockbridge, MA (2014) Yoga Tune Up® Evening Master Classes, taught two 1.5 hour classes
- **LULULEMON**, El Segundo, CA (2012 & 2013) Yoga Tune Up® Morning Class, taught community classes for the South Bay Yoga Conference
- **SANTA MONICA PIER STAGE**, Santa Monica, CA (2011) Yoga Tune Up® Sampler Class
- **BEYOND PHYSICAL THERAPY**, Marina Del Rey, CA (2011) Yoga Tune Up® Sampler Class

Private Sessions and Classes:

THE MOVING JOINT, Los Angeles, CA
Yoga & Pilates Teacher (2012-present)

- Teach regular weekly Yoga Tune Up® and Pilates Deconstructed™ private sessions and reformer classes

EQUINOX, Los Angeles, CA
Yoga Teacher (2010-present)

- Teach regular weekly Yoga Tune Up® classes

PILATES INSPIRATION by MARIE-JOSE BLOM, Los Angeles, CA
Yoga & Pilates Teacher (2012-2014)

- Taught regular weekly Yoga Tune Up® and Pilates Deconstructed™ private sessions.

ANGEL CITY BODY KINETICS, Marina Del Rey
Yoga & Pilates Teacher (2010-2012)

- Taught regular weekly private and semi-private Yoga Tune Up® and Pilates Deconstructed™ sessions
- Taught regular weekly Yoga Tune Up® and Pilates Reformer classes

BEYOND PHYSICAL THERAPY, Marina Del Rey

Yoga & Pilates Teacher (2010-2011),

- Taught regular weekly private and semi-private Yoga and Pilates sessions
- Taught regular weekly Yoga Tune Up® classes
- Taught regular weekly Pilates Reformer, Reformer/Tower, Jumpboard and Orbit classes

HEARTLAND YOGA, Iowa City, IA

Yoga Teacher (2009-2010)

- Vinyasa Yoga; New Beginner yoga series; weekly classes and frequent substituting
- Weekly Private Yoga Therapy sessions
- Spiritual Reading Group Leader
- Created and taught the following themed workshops:
 1. Restorative Yoga with Small Ball Muscle Release and Yoga Nidra
 2. Turn Your World Upside Down: Inversions
 3. Partner Yoga

BODY AND BALANCE, Coralville, IA

Yoga Teacher (2009-2010)

- Vinyasa Yoga; regular weekly classes and frequent substituting
- Private Yoga Therapy sessions
- Workshops

SERENITY YOGA AND PILATES, Iowa City, IA

Pilates and Yoga Teacher (2009-2010)

- Weekly private and semiprivate Pilates apparatus sessions
- Weekly Pilates Reformer and Jumpboard classes plus frequent substituting
- Private Yoga Therapy sessions
- Workshops

DEBUT DANCE AND PILATES, Iowa City, IA

Pilates Teacher (2010)

- Regular weekly private and semiprivate Pilates apparatus sessions
- Regular weekly Pilates Reformer and Jump board classes

YOGASYLUM, Brookfield, WI

Yoga Teacher (2008)

- Vinyasa Yoga; regular weekly classes and frequent substituting
- Private Yoga Therapy sessions

ELITE SPORTS CLUB, Brookfield, WI

Yoga Teacher (2008)

- Vinyasa Yoga; regular weekly classes and frequent substituting

Awards:

- **YTU Golden Alpha Award** for Enrollment (August 2015) Taught the most YTU Trainings over a 1 year period
- **YTU Golden Alpha Award** for Rx Series Trainings (August 2014) Taught the most Rx Series Trainings over a 1 year period
- **Pilates Union UK**, Pilates Instructor of the Month (January 2013)
- **Equinox Mini Noxie Award** for Purpose (September 2013)

Continuing Education:

- **Embracing the Curves - Unravel the Mystery of Scoliosis & Spinal Abnormalities** with Marie-Jose Blom, PMA®-CPT (2015) 16 contact hours
- **SmartCore: The Somatic Approach to Core Intelligence and SmartSpine Integration Workshop** with Marie-Jose Blom, PMA®-CPT (2015) 36 contact hours
- **Ribs Inspired Workshop with Madeline Black**, PMA®-CPT (2015) 14 contact hours
- **The Science of Stretching Part 2: Practical Applications (Asana) Workshop** with Jules Mitchell, M.S. (2015) 8 contact hours
- **Zenga® Power & Strength Workshop** with Mary Jo Ketterhagen (2015) 2 contact hours
- **Zenga® Fascial Fitness: Arm Lines Workshop** with Mary Jo Ketterhagen (2015) 2 contact hours
- **Total Barre® Modified Workshop** with Heather Lawson (2015) 2 contact hours
- **Roll Model Method®- Ball Sequencing & Innovation with Jill Miller**, ERYT (2015) 8 contact hours
- **Pelvic Power: All About the Pelvic Floor and MORE!** with Shelly Prosko, PT, PYT, CPI (2015) 3 contact hours
- **Going Beyond Asana with AIM Workshop for Teachers** with Jenni Winterburn, ERYT, HSE (2015) 5 contact hours
- **This Is Spinal Map™ Workshop** with Jules Mitchell, M.S., ERYT (2014) 3 contact hours

- **Yoga Tune Up® Low Back Pain Relief Workshop** with Sarah Court (2014) 2 contact hours
- **Yoga Tune Up® Happy Healthy Hips Workshop** with Sarah Court (2014) 2 contact hours
- **Science of Stretching Part 1: Biomechanics and Neuro-mechanisms** Workshop with Jules Mitchell, M.S., ERYT (2014) 16 contact hours
- **Crossfit Movement & Mobility Trainer Course** with Dr. Kelly Starrett DPT (2013) 8 contact hours
- **Alexander Technique Workshop** with Brett Hershey 2013) 1.5 contact hours
- **Rx Series Training** with Jill Miller (2013) 8 contact hours
- **MELT® method Hand and Foot Workshop** with Lise Prewitt (2013) 1 contact hour
- **STOTT® Pilates with Props Workshop** (2013) 2 contact hours
- **STOTT® Pilates Stability Chair for Older Adults Workshop** with Mary Jo Ketterhagen (2013) 2 contact hours
- **STOTT® Pilates Scoliosis Workshop** with Mary Jo Ketterhagen (2013) 2 contact hours
- **Yoga Tune Up® Refine Your Spine** with Jill Miller, ERYT (2012) 3 contact hours
- **Master Reformer Class and Private Lesson** with Ruth Alpert (2012) 3 contact hours
- **Yoga Tune Up® Core Integration Workshop** with Jill Miller, ERYT (2011 & 2012) 6 contact hours
- **Feldenkrais for Yoga Workshop** with Ellen Sevy (2011) 1.5 contact hours
- **History of Yoga Workshop** with Mark Singleton, Ph.D (2011) 2.5 contact hours
- **New Rules of Posture** with Mary Bond and **The Spiral Foot** with Marie-Jose Blom (2011) 6.5 contact hours
- **YogaWorks Teacher Training Weekend Immersion** with Kia Miller (2010) 12 contact hours
- **Body Tuning Weekend** with Glen Black (2010) 5.5 contact hours