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

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

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**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)
* Quantum Leap 3 Day Training with Sarah Court, YTU Teacher Trainer and Doctoral Candidate in Physical Therapy, Santa Monica, CA (2016) (18 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)
* Dynamic Neuromuscular Stabilization**®** 2 day Exercise Course Level 1 with Dr. Michael Rintala (2017)
* Functional Range Conditioning® 2 day Certification Course with Dr. Andreo Spina (2017)
* CPR/AED certified
* Primal Movement Chains with Dr. Perry Nickelston, Palm Springs, CA (2016) (14 hours)

**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:**

**TUNE UP FITNESS® TEACHER TRAINER SUMMIT**, Ojai, CA

* The Importance of Photos: How to Have a Successful Photoshoot Presentaion (2015)
* Yoga Tune Up® Master Class (2014)
* Prepare to Lead Trainings Workshop (2013)
* Mini Teaching Presentations and Feedback Teaching Drills (2012)

**SYMPOSIUM for YOGA THERAPY and RESEARCH CONFERENCE**, Austin, TX

* Yoga Tune Up® Master Class (2014)

**SYMPOSIUM for YOGA THERAPY and RESEARCH CONFERENC**E, 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 Deconstructed® Immersions and Workshops:**

* **YOGAWORKS WEST SIDE,** New York City, NY (2017) Pilates Deconstructed™: Toolbox for Your Reformer Classes, taught 7 hour course
* **CLARA’S ROOM,** Los Angeles, CA (2016) Pilates Deconstructed™: Toolbox for Your Reformer Classes, taught 7 hour course
* **PILATES ON CUE,** Carlsbad, CA (2016) Pilates Deconstructed™: Toolbox for Your Reformer Classes, taught 7 hour course
* **KINESPHERE,** Phoenix, AZ (2016) Pilates Deconstructed™: Toolbox for Your Reformer Classes, taught 7 hour course
* **EVOLVE,** Raleigh, NC (2016) Pilates Deconstructed™: 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 2 day course
* **CLUB PILATES,** Manhattan Beach CA (2015) Pilates Deconstructed™ Immersion: Toolbox for Physical and Occupational Therapists, taught 7 hour course to Physical Therapist’s and Occupational Therapist’s from University of California Los Angeles.
* **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 (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:**

* **YOGA HOUSE**, Pasadena, CA (2015, 2016, and 2017) Yoga Tune Up® Level One Certification taught 70 hour teacher training
* **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:**

* **CASTLE HILL FITNESS**, Austin, TX (2016) Yoga Tune Up® Integrated Embodied Anatomy Training, taught 20 hour anatomy module
* **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 Roll Model**® **Method Trainings and Rx Series:**

* **CASTLE HILL FITNESS**, Austin, TX (2017) Roll Model® Method Science of Rolling Training and Sequencing & Innovation Training, taught two 7 hour course
* **THE MOVING JOINT**, Los Angeles, CA (2016) Roll Model® Method Science of Rolling Training, taught 7 hour course
* **SPIRAL PATH YOGA**, Los Angeles, CA (2016) Roll Model® Method Science of Rolling Training, taught 7 hour course
* **YOGAWORKS**, Newport Beach, CA (2016) Roll Model® Method Sequencing & Innovation Training, taught 7 hour course
* **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®
* **YOGAWORK**S, 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 ZONE**, Cork, Ireland (2017) Yoga Tune Up® Hips Immersion & Shoulders Immersion, taught two 18 hour certificate courses
* **YOGAWORKS WEST SIDE**, New York City, NY (2016) Yoga Tune Up® Shoulders Immersion, taught 18 hour certificate course
* **YOGAWORKS**, Tarzana, CA (2016) Yoga Tune Up® Hips Immersion, taught 18 hour certificate course
* **YOGAWORKS**, Tarzana, CA (2016) Yoga Tune Up® Shoulders Immersion, taught 18 hour certificate course
* **EVOLUTION YOGA**, Cleveland, OH (2016) Yoga Tune Up® Hips Immersion, taught 18 hour certificate course
* **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:**

* **YOGAWORKS WEST SIDE**, New York City, NY (2017) YTU Weekend of Workshops
* **MIND BODY & SOUL**, Playa Vista, CA (2017) Unwreck Your Neck™
* **EVOLVE**, Raleigh, NC (2016) YTU Weekend of Workshops
* **YOGA VISTA**, Playa Vista, CA (2016) Put Some Swoosh In Your Toosh
* **YOGA VISTA**, Playa Vista, CA (2016) Unwreck Your Neck™
* **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 and Pilates private sessions and reformer classes

**EQUINOX**, Los Angeles, CA

Yoga Teacher (2010-present)

* Teach regular weekly Yoga Tune Up® and Rx Series 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, IAYoga 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, IAYoga 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, IAPilates 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)

**Podcast Interviews:**

* **Moving Well Podcast:**  Creating A Sustainable Yoga Practice (2017)
* **Moving Well Podcast:**  Why People Get Hurt Doing Yoga (2017)
* **EarthRise Podcast:** Yoga, Trend-Drive Fitness, and Sustainable Health (2017)

**Online Courses:**

* **Yoga Deconstructed™:**  Creative Corrective Exercises To Enhance Your Practice and Improve Your Teaching. (2017)
* **Jenni Rawlings Yoga & Movement:** Special Guest Classes
* **Realigning Yoga:** New Directions in Yoga Anatomy and Movement Research for Mettaversity
* **Pilates Deconstructed®:** Undulations and Innovations for Fusion Pilates Edu

**Continuing Education:**

* **Therapeutic Pilates: Restore & Manage Flexibility and Mobility** with Melanie Byford-Young (2017) 4.5 contact hours
* **Optimization of the Shoulder Complex** with Melanie Byford-Young (2017) 4.5 contact hours
* **16 Continuing Education Credits for completion of the 16th Annual Meeting of the Pilates Method Alliance in Phoenix, Arizona on October 27 - 30, 2016**
* **Zenga® Upper, Lower, and Full Body Workshops** with Kim Kraushar (2016) 6 contact hours
* **Optimization of the Lumbo-Pelvic Region** with Mary Jo Ketterhagen (2015) 6 contact hours
* **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