

Teaching Experience

Beginner's Flow:	RADIANCE YOGA STUDIO, Alexandria, VA	Jan.-Sept. 2009, Summer 2010
Level 1 Vinyasa:	MINT STUDIO, Washington, DC VERVE FITNESS, Arlington, VA	Dec. 2008-Sept. 2009 Mar.-Sept. 2009
Level 2 Vinyasa:	MINT STUDIO, Washington, DC RADIANCE YOGA STUDIO, Alexandria, VA	Dec. 2008-Sept. 2009 June-Sept. 2009, Summer 2010
All Levels Vinyasa:	VIDA FITNESS, Washington, DC FITNESS FIRST, Arlington, VA WASHINGTON SPORTS CLUB, Washington, DC GOLD'S GYM, Arlington, VA THE SAVANNAH THEATRE PROJECT, Parys, South Africa	Jan.-Sept. 2009 Dec. 2008-Sept. 2009 July 2008-Sept. 2009 May 2008-Sept. 2010 Fall 2007
Gentle Flow:	VANTAGE FITNESS, Falls Church, VA MINT STUDIO, Washington, DC	Jan.-Sept. 2009 Dec. 2008-Sept. 2009
Yin:	RADIANCE YOGA STUDIO, Alexandria, VA VANTAGE FITNESS, Falls Church, VA	Summer 2010 Jan.-Sept. 2009
Prenatal:	RADIANCE YOGA STUDIO, Alexandria, VA	Jan.-Sept. 2009
Teaching Assistant:	TRANQUIL SPACE YOGA STUDIO, Washington, DC	June 2008-Sept. 2009
Children's Yoga:	CAPITOL HILL ARTS WORKSHOP, Washington DC YOKID, Arlington, VA & Washington DC	Summer 2010 Dec. 2008-Sept. 2009
Joyful Dance:	MINT STUDIO, Washington, DC	June-Sept. 2009

Awarded "Teacher of the Month" at RADIANCE YOGA STUDIO

April 2009

Contract teaching for US HOUSE OF REPRESENTATIVES, DEPT. OF COMMERCE, BROOKINGS INSTITUTE, AMERICAN HEART ASSOCIATION, RONALD REAGAN BUILDING FITNESS CENTER

2009

Private clients

2007-2009

Volunteer karma classes

2007-2010

Workshops

Arm Balances & Inversions:	CALIFORNIA INSTITUTE OF THE ARTS, LA, CA (week-long) RADIANCE YOGA STUDIO, Alexandria, VA VIDA FITNESS, Washington, DC	Jan 2010 May 2009 April 2009
Finding Balance On & Off the Mat:	RADIANCE YOGA STUDIO, Alexandria, VA	July 2009
Newbie Yoga:	RADIANCE YOGA STUDIO, Alexandria, VA	April 2009

Training

SHIVA REA:	Currently pursuing Prana Flow RYT-500 certification Embodying the Flow Essential Tools for Teaching Flow: Alignment, Assists, Vinyasa Krama Fluid Power: Sequencing and Practices for Liberating the Flow	July 2010 July 2010 July 2010 May 2010
TRANQUIL SPACE:	Completed RYT-200 certification Completed Level 1 Teacher Training	May 2008 June 2007
Masterclasses:	Jodi Darlage: Arm Balances and Inversions Jodi Darlage: Detox and Renew Bill T. Jones/Arnie Zane: Modern Dance Paul Taylor Dance Company: Modern Dance Simon Park: Prana Vinyasa and Shiva Namaskar Simon Park: Power and Flow Darren Main: Pranyama Rob Hess: Fire Up Your Core Kimberly Wilson: Assisting with Intention Mike Alfreds: Laban	July 2009 June 2009 June 2009 June 2009 April 2008 April 2008 April 2008 March 2008 March 2008 Summer 2002

Education

CALIFORNIA INSTITUTE OF THE ARTS: MFA candidate in Theater Directing

DARTMOUTH COLLEGE: BA in Theater, *cum laude*

NATIONAL THEATER INSTITUTE: Studied Droznin technique, biomechanics, Tai Chi, yoga, directing