

Certifications and Training	On-going teacher training at Kripalu Center in Lenox, MA and OMEGA, NY with: Manju Jois, Baron Baptiste, Cyndi Lee, Bryan Kest, Barbara Benaugh, Edward Clark ZUMBA Instructor Certification, St. Petersburg, Florida 200-hr. Registered Yoga Teacher Certification - Finding Inner Peace Yoga School Ashtanga Teacher training with India Yoga Master Manju Pattahbi Jois (www.ayri.com) Yogilates™ Certification, Jonathan Urla, Master Pilates Trainer, New York City Pilates Certification, BalancePoint Pilates, Hanover, MA (Mat Bodywork) Current CPR certified (two-year certification) Certified Fitness/Aerobic Dance Instructor, National YMCA Program, St. Louis, MO	2002-2008 2008 2006 2005, 2004 2003 2002 2006-2008 1982
Yoga practice	Daily personal hatha yoga practice (Kripalu, Ashtanga, Yin)	1969-present
Affiliations	National Yoga Alliance (RYT200) Registered Yoga Teacher ID#27289 current South Shore Yoga Network // Reebok International Instructor's Alliance // ZUMBA Instructor Network	
Education	<u>Bachelor of Fine Arts, Photography and Two-Dimensional Design</u> <i>cum laude, 1981</i> Hartford Art School of the University of Hartford, West Hartford, Connecticut Continuing education at the Fine Arts Work Center, Provincetown, and The Maine Media Workshops, Rockport, Maine.	
Teaching Experience	<u>Adult Instruction — PILATES / YOGA</u> Group Instruction only below; private and semi-private references available <i>Owner/Director of Art and Soul Space, Art Gallery, Yoga Studio, Scituate, MA</i> Reebok International Corporate Fitness Program, Canton, MA (yoga) Mill Pond YMCA, Hanover, MA (yoga, Pilates) Scituate Racquet and Fitness Club, Scituate, MA (yoga, Pilates) Baystate Athletic Club, Scituate, MA (yoga, Pilates) Shaw Environmental Corporate Fitness Program, Stoughton, MA (yoga) Scituate Yacht Club, Scituate MA (yoga) Cohasset Yoga Center, Cohasset, MA (Ashtanga yoga) Healthtrax Fitness Centers, Mind/Body Center, Hanover, MA (Pilates)	2007-present 2007-present 2007-present 2003-present 2002-2007 2002-2007 2005-2007 2005-2006 2002-2003
	<u>Adult Instruction — JAZZ DANCE, AEROBIC DANCE</u> Baystate Athletic Club, Scituate, MA Roslindale House, Boston and W. Roxbury School of Dance, Boston, MA Brookline Adult and Community Education, Brookline, MA The Cellar Studio, Boston, MA Workout Plus, Dedham, MA Ciba-Corning Corporate Program, Walpole, Medfield, MA Jewish Community Center, Newton, MA Downtown YMCA of Greater St.Louis, St.Louis, MO	2002-2007 1998-2001 1992-1994 1990-1993 1984-1989 1986-1988 1986-1988 1981-1983
Dance training	Jeanette Neill Dance Studio, Boston (jazz, modern) Leon Collins Dance Studio, Brookline (tap) Gerry Burke Dance Studio, Leominster, MA (tap, jazz, ballet)	1989-present 1996-1998 1964-1977
Performances	Topf Center for Dance, Boston; <i>Terpsichore Awards</i> , Park Plaza, Boston, MA The Dance Complex, Central Square "Decades of Dance" Cambridge, MA Choreographer/performer in "A Dance Collaboration", Attleboro, MA Choreographer/performer for local dance video (PSA aired on Boston Networks) University of Hartford Dance Troupe, West Hartford, CT	2001 1998 1989 1986 1980-1981