

Certifications and Training	<p>On-going teacher training at Kripalu Center in Lenox, MA and OMEGA, NY with: Manju Jois, Sri Dharma Mittra, Baron Baptiste, Cyndi Lee, Bryan Kest, Edward Clark, Barbara Benaugh and Natasha Rizopoulos. 2002-2010</p> <p>ZUMBA Instructor Certification, St. Petersburg, Florida; ZUMBA GOLD (2009) 2008, 2009</p> <p>Current CPR certified (two-year certification) 2008-2010</p> <p>200-hr. Registered Yoga Teacher Certification - Finding Inner Peace Yoga School 2006</p> <p>Ashtanga Teacher training with India Yoga Master Manju Pattahbi Jois (www.ayri.com) 2005 -2004</p> <p>Yogilates™ Certification, Jonathan Urla, Master Pilates Trainer, New York City 2003</p> <p>Pilates Certification, BalancePoint Pilates, Hanover, MA (Mat Bodywork) 2002</p> <p>Certified Fitness/Aerobic Dance Instructor, National YMCA Program, St. Louis, MO 1982</p>
Yoga practice	<p>Personal hatha yoga practice (Hatha, Iyengar, Ashtanga, Yin) 1969-present</p>
Affiliations	<p>National Yoga Alliance (RYT200) Registered Yoga Teacher ID#27289 current</p> <p>South Shore Yoga Network // Reebok International Instructor's Alliance // ZUMBA Instructor Network</p>
Education	<p><u>Bachelor of Fine Arts, Photography and Two-Dimensional Design</u> cum laude, 1981</p> <p>Hartford Art School of the University of Hartford, West Hartford, Connecticut</p> <p>Continuing education: Fine Arts Work Center, Provincetown, Maine Media Workshops, Rockport, ME; Castle Hill, Truro, MA.</p>
Teaching Experience	<p><u>Adult Instruction — PILATES / YOGA</u> Group Instruction only below; private and semi-private references available</p> <p><i>Owner/Director of Art and Soul Space</i>, Art Gallery/Yoga Studio, Scituate, MA 2007-present</p> <p>Reebok International Headquarters, Canton, MA (yoga) 2007-present</p> <p>Mill Pond YMCA, Hanover, MA (yoga, Pilates) 2007-present</p> <p>Scituate Racquet and Fitness Club, Scituate, MA (yoga, Pilates, Zumba) 2003-present</p> <p>Baystate Athletic Club, Scituate, MA (yoga, Pilates) 2002-2007</p> <p>Shaw Environmental Corporate Fitness Program, Stoughton, MA (yoga) 2002-2007</p> <p>Scituate Yacht Club, Scituate MA (yoga) 2005-2007</p> <p>Cohasset Yoga Center, Cohasset, MA (Ashtanga yoga) 2005-2006</p> <p>Healthtrax Fitness Centers, Mind/Body Center, Hanover, MA (Pilates) 2002-2003</p> <p><u>Adult Instruction — JAZZ DANCE, AEROBIC DANCE</u></p> <p>Baystate Athletic Club, Scituate, MA 2002-2007</p> <p>Roslindale House, Boston and W. Roxbury School of Dance, Boston, MA 1998-2001</p> <p>Brookline Adult and Community Education, Brookline, MA 1992-1994</p> <p>The Cellar Studio, Boston, MA 1990-1993</p> <p>Workout Plus, Dedham, MA 1984-1989</p> <p>Ciba-Corning Corporate Program, Walpole, Medfield, MA 1986-1988</p> <p>Jewish Community Center, Newton, MA 1986-1988</p> <p>Downtown YMCA of Greater St.Louis, St.Louis, MO 1981-1983</p>
Dance training	<p>Jeanette Neill Dance Studio, Boston (jazz, modern) 1989-present</p> <p>Leon Collins Dance Studio, Brookline (tap) 1996-1998</p> <p>Gerry Burke Dance Studio, Leominster, MA (tap, jazz, ballet) 1964-1977</p>
Performances	<p>Topf Center for Dance, Boston; <i>Terpsichore Awards</i>, Park Plaza, Boston, MA 2001</p> <p>The Dance Complex, Central Square "Decades of Dance" Cambridge, MA 1998</p> <p>Choreographer/performer in "A Dance Collaboration", Attleboro, MA 1989</p> <p>Choreographer/performer for local dance video (PSA aired on Boston Networks) 1986</p> <p>University of Hartford Dance Troupe, West Hartford, CT 1980-1981</p>