

Continuing Education Log

Reiki I Certification with Chelsea Leathem, RMT. 8.5 hours, April 2025

Hip Mobility—Functional Range Conditioning (FRC) with Patrick Campbell, DC; The Pilates Principle. 45 minutes, January 2025

Feet-Ness™ ITP with Ilaria Cavagna. 15 hours, December 2024

Heartsaver CPR AED; American Heart Association. March 2024

Shoulder Workshop with Patrick Campbell, DC; The Pilates Principle. 1.5 hours, March 2024

Anatomy and Physiology for Pilates; The Art of Control, Dr. Joe Muscolino. 15 hours, February 2024

Advanced Teacher Training; The Art of Control. 23 hours, January 2024

Breathing 101; YogaRenew, Joe Miller. 5 hours, January 2024

Hands-On Assists; Keli Lalita ERYT 1000 Founder of Bhakti Marg YT. 7 hours, November 2023

Lower Body Kinetic Chain; Erin Calhoun M.S., NKT. 2 hours, September 2023

Pelvic Floor Workshop; Sarah Casey PT, DPT. 1 hour, September 2023

Advanced Teacher Training; The Art of Control. June 2023

Restorative Yoga Certification; YogaRenew, Kate Lombardo, 500 E_RYT, YACEP. 30 hours, December 2022

Restorative Yoga & Sound Healing; Yoga Mandali, Claudia Bibow, 500 ERYT. 2 hours, December 2022

Intermediate Teacher Training; The Art of Control. November 2022

The Creativity Conference; Adobe Max. October 2022

CPR and First Aid, 3 hours, October 2022

Roar Like a Goddess; Acharya Shunya. 1.5 hours, July 2022

Advanced Mat and Standing, Pre/Postnatal Pilates Workshop, The Flow of the Cadillac, and The Power of the Wunda Chair and Baby Chair with Dorothee Vandewalle, Master Teacher. 9 hours, June 2022

DBT Distress Tolerance Skills Workshop; Sheri Van Dijk, MSW, RSW. 2.25 hours, May 2022

The Secret Teachings of Hatha Yoga Workshop; Lila Lolling. 4 hours, April 2022

CPR and First Aid, 3 hours, April 2022

Pre-Pilates & Beginner Pilates Teacher Training; The Art of Control at The Pilates Principal. April 2022

Ayurveda + Self Care; YogaRenew, Lisa Bermudez, E-RYT 500, YACEP. 5 hours, April 2022

Children's Yoga Teacher Certification; YogaRenew, Trevor Vaughan, RCYT. 30 hours, March 2022

Yin Yoga Certification; YogaRenew, Kate Lombardo, 500 ERYT, YACEP. 20 hours, January, 2022

Diploma in Nutrition; Fab Academy. 15 hours, December 2021

200-Hour Yoga Teacher Certification; YogaRenew, Kate Lombardo, E-RYT 500, YACEP. 200 hours, December 2021

The Creativity Conference; Adobe Max. October 2021

Intermediate Mat Teacher Training; Power Pilates, Cheryl Turnquist. 16 hours, October 2021

Kripula Center: An Introduction to Understanding Weight and Health. 1 hour. September 2021

Beginner Mat Teacher Training; Power Pilates, Cheryl Turnquist. 16 hours, July 2021

Ayurvedic Yoga & Self Care, Larissa Hall Carlson, M.A., Ayurvedic Practitioner, Ayurvedic Yoga Specialist, E-RYT 500, and Kripalu 1000-hr teacher. 4 hours, November 2021

DASA Certification Training (DASA); Greater Capital Region Teacher Center for Effective Teaching. 6 hours, November 2019