

2014 April, *Sacred Sounds Tuning Forks Workshop* w/Dr. Soraya Faris Applegate. O`ahu Hawai'i Healing Sound School. Honolulu, HI

2007 Nov., *Kripalu/Vinyasa Yoga*. Indiana Yoga Association - Annual Fall Retreat. Nashville, IN

2007 Jan., *Demystifying Healthy Lifestyles Among African American Women*. Yoga breakout session. Healthy Lifestyles Conference. Bloomington, IN

2006 Nov., *Stress Reduction through Yoga*. Black Scholars Collective. Indiana University. Bloomington, IN

2006 July, *Kripalu Yoga*. Indiana Yoga Association - YogaScape Fall Retreat. Monroe Convention Center, Bloomington, IN

2000 Oct., *Introduction to Yoga & Beginning Meditation*. Speaker for Susan G. Komen Breast Cancer Foundation's Survivor's Celebration. St. Mary-of-the-Woods College. Terre Haute, IN

2000 Spring, *Yoga Prayer*. Speaker for Religious Awareness Day. St. Mary-of-the-Woods College. Terre Haute, IN

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### Holistic Healing Work Positions

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2009-2013, Yoga Instructor. Peace through Yoga. Indianapolis, IN

2009-2012, Webmaster. Peace through Yoga. Indianapolis, IN

2009-2010, Kripalu Yoga Instructor. Mother Nature's Sun, Indianapolis, IN

2007-2009, Holistic Health Practitioner (Yoga, Yolates (Yoga and Pilates), Reiki). Healing Arts Indy, Indianapolis, IN

2006-2008, Internship Coordinator for Yoga Teaching Training Guideline Program for Experienced Yoga Teachers. Lynda Mitchell Yoga Studios, Bloomington, IN

2006, Adjunct Lecturer - Yoga. Indiana University, Department of Kinesiology, Physical Activity Instruction Program, Bloomington, IN

2005-2008, Studio Manager | Yoga Instructor | Massage Therapist. Lynda Mitchell Yoga Studios, Bloomington, IN

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### EDITOR

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2024, Book Editor. *The Celestial Womb: Poetry for the Divine Feminine* by Ayleen Guzman. Published by Mamafaeriaipublishing

2023, Book Editor and wrote book blurb for *The Aligned Action Planner for Creative Souls: Book 1: Pocket Coach* by Treneti Octavia Truth. Published by Soulful Resonance

2015, Book Editor and wrote the forward for *Rayne: My Life, My Therapy* by George C. Evans & Demarcus A. Scales. Published by Ink Dreamz Publishing

2013, Book Editor. *Destruction of the Lower Self* by Sufi Ananda. Published by CreateSpace Independent Publishing Platform

2012, Book Editor. *Released: My Trial, My Triumph (Redemption)* by George C. Evans & Demarcus A. Scales. Published by Ink Dreamz Publishing