



Training Highlights:

- 200 hr. Yoga Teacher Training – YogaWorks
- Mindful Educator Certification – Mindful Schools
- Working toward 500 hr. with Diane Malaspina – Virginia Beach, VA •
Credit Hours in Restorative Yoga
- Mindfulness Based Stress Reduction (MBSR) Teacher Certification Training •
Professional Training Participant – UC San Diego Center for Mindfulness •
Program Participant – InnerWork Center * Richmond, VA
- Teacher Training Retreat – UC San Diego – Delray, FL
- Certified Group Exercise Instructor
- Ironman Triathlete – three-time finisher
- Board Certification – Health and Wellness Coach – MindBodyGreen (March 2024)

Corporate Program Delivery:

- Dominion Energy
- Fahrenheit Advisors
- Dominion Payroll
- VA Association of Pharmacy – VA Health Professions
- Communities in Schools (CIS) Richmond & Chesterfield County
- Residio Company – Louisville, KY
- Deep Run High School Parent Teacher Association
- Douglas Freeman High School Wellness Program
- CarMax Headquarters, Richmond, VA – 10+ years regular program delivery (Yoga
+ Mindfulness)

Interviews:

[Shea Adam, IMSA Pit Reporter and Auto racing Broadcast Journalist. Mental Health for Professional Drivers – Indy NASCAR](#)

[Brandon Guyer, Former MLB Player \(Tampa, Cleveland\) and Owner of Major League Mindset: Mental Health for Teens, Athletes, and Everyone](#)

