

Professional Trainings, Certifications, Education and Experience



EDUCATION - Professional Trainings and Certifications

Interfaith/Inter-spiritual Seminary Program [One Spirit Seminary](#), New York, New York - (2 year program in progress) June 2017 anticipated ordination

Professional Training in Mind Body Medicine 2010- 2012 (Certification in progress)
[The Center for Mind Body Medicine](#), Washington, D.C.

[Kripalu School of Ayurveda](#), 750 hr practitioner certification September 2007 – June 2009

Basic Mediation Training, 2004
[The Mediation and Training Collaborative](#), Greenfield, MA

[Plant Spirit Medicine Training](#), 1997-1998
1 year practitioner's training with acupuncturist/shaman Eliot Cowan.
Phonacia, N.Y.

[Leadership Development Intensive](#), Graduate, 1995
Center for Work and the Human Spirit, Spokane, WA

Hospice Volunteer Training, 1983
Ithaca, NY

Therapeutic Massage Training (1150 Hours), 1983
[Florida School of Massage](#), Gainesville, FL

Bachelors of Science in Music Education, 1979
[Ithaca College](#), Ithaca NY

ADDITIONAL TRAININGS (Over 3,500 hours), 1978-present

Herbalism studies -basic to advanced from 1980-present

Kundalini Yoga Classes 1979 – 1981

Science of Spiritual Healing Washington D.C. -Dolores Krieger, Elisabeth Kübler-Ross,
Pir Vilayat Inyat 1980

Body, Mind and Beyond Holistic Health Educator Training

Including Touch for Health, Shiatsu, Polarity Therapy, Feldenkrais Method 1982

Polarity Therapy with Paul Linn, Florida School of Massage 1983

Neuromuscular Therapy I & II, Florida School of Massage 1983

Anatomy and Physiology (Tompkins County CC School of Nursing) 1983

Yoga Therapy, and Structural Yoga, Kripalu Center 1985

Iyengar Yoga Training , Omega Institute 1985

Kripalu Bodywork Training 1986

Hakomi Body-Centered Therapy, Omega Institute 1986

Kripalu Yoga Teacher Training 1986

Myofascial Release and Body Reading 1987

Myotherapy , Bronnie Pruden School 1987

Applied Anatomy and Neuromuscular Therapy 1987

Muscular Kinetics and Sports Massage with Jack Meagher 1988

Program Planning and Design Intensive, Kripalu Center 1988

Vivation Breathwork 1989 -90

Cranial Sacral Therapy with Richard Royster, Upledger 1989

Introduction to Chinese Medicine 1989

Connective Tissue Polarity Therapy 1989

Introduction to the Science of Healing with Barbara Brennan 1991

Pregnancy Massage Training 2008

Zero Balancing I 2008

Nonviolent Communications trainings/events and ongoing practice group 2004 to present

NAMA Conference 2010

AMTA conference focus on Working with Cancer Patients

PROFESSIONAL EXPERIENCE

Founder and Director Optimal Wellness Lifestyle Strategies, December 2011 – present

A consulting business offering experiential education and healing services to organizations and individuals. The focus is on bringing body-mind skills, sustainable wellness practices and complementary care into diverse venues including [HospiceCare of the Berkshires](#), Lee Family Practice, [The UltraWellness Center](#) and [Flying Deer Nature Center](#).

Dean, Kripalu School of Massage

Kripalu Center for Yoga and Health 2005- 2010

Oversee 500hr + program and faculty development, curriculum design, student experience

Responsible for all areas of running school

Program Director/ Senior Faculty, [Kripalu Center](#), 1986- Present

Curriculum design, planning and presentation of 6-month, 1-month, 12-day, 1 week, and weekend courses in holistic lifestyle, healing arts including massage, energy work, personal growth and yogic life style, Awakening multidimensional healing

Licensed Massage Therapist, 1980-present

Private practice

1980-1985- Ithaca, NY

1991-1994, 1996-1998, 2000- present - Richmond, MA

Health and fitness clubs (1980-1985), Ithaca , NY

Kripalu Center Health Services Dept., Lenox , MA 1985-1992

Muddy Angel Healing Arts 2000 -present

Muddy Angel Music and Arts, Inc. , Richmond, MA

Private practice healing arts services, including massage, energy balancing, Spirit Medicine, herbal body care products and yoga therapy.

Design individual services, ceremonies and workshops for needs of diverse clientele

Recently incorporating Ayurvedic Lifestyle consulting

Open Heart Jump Start, co-founder 1991-1993

A Health Education company offering both group workshops and private, in-home holistic health vacations

Foxhollow Leadership Center, design consultant 1991-1992

Foxhollow Conference Center, Lenox, MA

Helped to design wellness curriculum for leadership programs

Teacher, various health and healing programs, 1983-Present

Includes conferences in Spiritual Healing, Herbalism conferences,
Privately run classes in Massage, preparing herbal formulas