

Academic:

B.A. Specialization Psychology, *with distinction*
(May 2007. Concordia University, Montreal, QC)

Yoga certifications and Training:

- **Yoga Nidra Teacher Training** (May 2014 with Jamie Lee, Montreal, QC. 8-hrs)
- **Yoga Therapist Training** (Sept 2013-Apr.2014 with Carina Raisman, Montreal, QC. 300-hrs)
- **Anatomy & Yoga Therapy Training** (Sept 2011. With Martin Kirk. Toronto, ON. 30-hrs)
- **Anusara Yoga Teacher Training** (Jan 2010-Oct. 2011 with Robin Golt & Barrie Risman, Montreal, QC. 208-hrs)
- **Prenatal Yoga Teacher Training** (Nov. 2010 with Janice Clarfield, Montreal, QC. 20-hrs)
- **Hatha Yoga Teacher Training** (June-July 2008. Yandara Yoga Institute, Mexico. 200-hrs)

Yoga Workshops:

- **Anusara Workshops 2016:** Letizzia Wastavino (Montreal, Qc), Christophe Cappon (Aylmer, Qc). Total hours: 4-hrs.
- **Mark Dyczkowski**, Philosophy lectures (Mar.2016, Varanasi, India. 12-hrs)
- **Samavesha Yoga Festival 2015**, with Bill Mahony (philosophy), Annette Garcia & Tobias Ihde, Rudrani Farbman (meditation TT), Tiffany Wood (therapeutics), Jayendra Hanley, BJ Galvan (Oct. 2015, Martha's Vineyard, MA. 24-hrs).
- **Meditation- Awakening Shakti with Sally Kempton** (Aug 2015. Kripalu Center, MA)
- **Samavesha Yoga Festival 2014**, with Adam Ballenger (anatomy & physiology), Rudrani Farbman (meditation TT), Jackie Prete (immersion teacher training), Manoj Chalam, Jaye Martin (Sept 2014. Carefree, AZ. 21-hrs)
- **Workshop with Noah Mazé**, (May 2014. Montréal, Qc. 2-hrs)
- **Workshop with Rodney Yee and Colleen Saidman** (Nov 2013.

Other Certifications / Trainings :

- **CPR and First Aid Certification** (since 2004)
- **Advanced Exercise Nutrition** (2012)
- **Reiki Master Certification** (2012 with Shanti Rubens, Rishikesh, India)
- **Core Assessment & Training** (2010)
- **Total Home Training certification** (2009. Montreal, Qc)
- **Nutrition and Wellness Specialist Certification** (2008. Can-Fit-Pro, Montreal, QC)
- **Personal Training Specialist Certification** (2008. Can-Fit-Pro, Montreal, QC)

Yoga Teaching:

Since fall 2011: Brossard City Hall, Brossard, Qc

Since summer 2008: Jeannine Plaiche Yoga, South Shore Montreal, Qc

2009-2016: Fitness Globale, Brossard, Qc

2009-2016: Mansfield Athletic Club, Brossard, Qc

2014-2015: Quartier Revolution, Brossard, Qc

2012-2014: CLSC Boucherville, Boucherville, Qc

2011-2015: Aedifica, Montreal, QC

2012-2013: Yoga-B, St-Lambert, Qc

2012: Shri Yoga, Montreal, Qc (Sub.Teacher)

2011: Yoga on the Park, Montreal, Qc

2011: Gracie Barra Montreal, Montreal, Qc

2010: Montreal Athletic Association, Montreal, Qc

2009: Yoga Rini, Chateauguay, Qc

2009: Centre Ikra, Verdun, Qc (Sub. Teacher)

2008: Curves NDG, Montreal, Qc

International Yoga Teaching:

2014: Samavesha Yoga Festival, Arizona, USA

2015: Samavesha Yoga Festival, Massachusetts, USA

2016: 7-day Yoga Retreat, Costa Rica

2016: Wat Suan Mokkh Monastery, Thailand

Other Teaching:

2009-2012: Fitness Globale (Certified Personal Trainer)

2004-2010: Chateauguay Skating Club (figure skating and power skating coach)

2007-2010: Kahnawake Figure Skating Club (figure skating coach)

<p>Montreal, Qc. 3-hrs)</p> <ul style="list-style-type: none"> • 10-day Initiation to Vipassana Meditation retreat (May 2013. Montebello, Qc) • Workshop with Noah Mazé, (May 2013. Montreal, Qc. 4-hrs) • Weekend Workshop with Noah Mazé (May 2012. Montreal, QC. 11-hrs) • Anusara Yoga Weekend Workshop with John Friend (Feb 2011. Miami, FL. 8-hrs) • Anusara Yoga Therapy Training with John Friend (Feb 2011. Miami, FL. 18-hrs) • Philosophy- Wisdom Studies "Patanjali's Yoga Sutras" with Robin Golt (Oct.2010-Jan.2011. Montreal, Qc. 16-hrs) • Anusara Yoga Weekend Workshop with Sienna Sherman (July 2010. Montreal, QC. 8-hrs) • Anusara Yoga Therapy Training with Sienna Sherman (July 2010. Montreal, QC. 3-hrs) • Inversion Workshop with Allison Ulan (Nov 2008. Montreal, Qc. 3-hrs) • Intro to Meditation with Daryl Vansier (Jan 2004. Montreal, QC) 	<p>2007-2009: Curves NDG (Fitness Trainer) 2004-2007: Verdun Circus School (circus animator and acrobatics instructor) 2005-2006: JPPS Elementary School (after school gymnastics instructor)</p>
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