



500 HOUR EDUCATOR & TRAINER YOGA ALLIANCE CERTIFIED

EXPERIENCE

YOGA TEACHER TRAINING

Opened Lila School of
Vinyasa Yoga, 2012

Taught for other schools:

- Sonic Yoga, 2004-2005
- Semperviva Yoga, 2007-2012
- Yyoga, 2009-2010
- Whole Body Paradigm, 2024

FESTIVALS

- Whistler Yoga Conference, May 2011
- Whistler Yoga Conference, May 2012
- Wanderlust, Whistler, August 2012
- Northwest Yoga Conference, Seattle, February 2016
- Camp Yoga, Gibsons, May 2016
- Westcoast Yoga Festival, Squamish, June 2016
- Northwest Yoga Conference, Seattle, February 2017
- Chamonix Yoga Festival, July 2017

CERTIFICATIONS

- 200 Hour YTT, Sonic Yoga, 2003
- 75 hour Pre/Postnatal, Samudra Yoga, 2010
- 300 Hour YTT, Samudra Yoga, 2012
- 70 Hour Advanced Training, Forrest Yoga, 2017
- 60 Hour Relax & Renew Level 1, Judith Lasator, 2018
- 36 Hour Restorative Therapeutics, Tianne Allan, 2019
- 34 Hour Yoga Nidra, Para Yoga, 2019

WORKSHOPS TAKEN

- BostonYoga Conference, Continuing Ed for Teachers, Spring 2004
- Omega Yoga Conference, October 2004
- John Friend, Anusara, Seattle, February 2007
- Ross Rayburn, Anusara, Vancouver, November 2007
- Chris Chavez, Anusara, Vancouver, September 2008
- Gurmukh, Kundalini, Vancouver, April 2009
- Sean Corn, Detox Vinyasa, Vancouver, January 2010
- Paul Ortega, Tantra, San Francisco, May 2010
- Desiree Rimbaugh, Anusara, Vancouver, September 2010
- Maria Garre, Ayurveda, LA, January 2011
- Ana Forrest, Forrest Yoga, Seattle, February 2011
- Daniel Odier, Tantra LA, March 2011
- Rod Styrker, ParaYoga, Seattle, October 2011
- Vipassana, 10 Day silent meditation, February 2012
- Louis Ettling, Iyengar Intensive, September-December 2012
- Ana Forrest, Forrest Yoga, Istanbul, November 2012
- Louis Ettling, Iyengar Intensive, January-April 2013
- Yoga Journal Conference, April 2013
- Leslie Kamanoff, Yoga Anatomy, September-December 2013
- Rod Styrker, Para Yoga, Seattle, January 2014
- Shiva Rea, Prana Flow, Kerala, India, October 2016