

Phoenix M. Artemisia
Certified Ashtanga Yoga Instructor, RYT 500
P.O. Box 2716
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831.728.8064 or e-mail: garudayogini@yahoo.com

SUMMARY OF QUALIFICATIONS

- ∪ Over 10,000 hours of teaching experience since 1999, dedicated practitioner since 1995
- ∪ Commitment to precision instruction of pranayama, asana, and classical aspects of Yoga practice including philosophy and knowledge of subtle anatomy
- ∪ Skilled at facilitating environments which encourage self-exploration through the meditative aspects of practice while educating students about opening, healing and strengthening the body comprehensively
- ∪ Background in Psychology and sacred Mythology
- ∪ Consistency, both in keeping classes long-term and maintaining excellent communication with managers and students
- ∪ Experienced facilitator of specialty workshops on physical healing for the body as well integral topics such as Subtle Body Anatomy, Ayurveda and Asana, Women's Spirituality: Asana and Archetype, and the Psychology of Yoga— exploring Yama and Niyama, Mudras, Pranayama
- ∪ Trainings completed at Advanced 500 Hr. level set by Yoga Alliance standards
- ∪ Current CPR/ First Aid, own insurance policy

EDUCATION AND TRAINING

UNIVERSITY OF CALIFORNIA, SANTA CRUZ; Santa Cruz, CA
B.A., Psychology, 1998
Emphasis on Women's Studies and counseling psychology

KALI RAY TRI YOGA ACADEMY; Santa Cruz, CA
Basics Certification, October 1999

ASHTANGA YOGA INSTITUTE, MOUNT MADONNA CENTER
200 Hr. Certification, August 2003

YOGA TEACHER TRAINING with KOFI BUSIA; Santa Cruz, CA
4 Modules of YTT completed, April and May 2004 and December 2007

PARMARTH NIKETAN ASHRAM of Rishikesh, Uttarachal, India
200 Hr. Training Intensive, October 2005

PROFESSIONAL EXPERIENCE

November 1999 to present
CLUB ONE Professional Fitness Services, San Jose, Milipitas, Sunnyvale and Scotts Valley area.
Attn: Sue Cadile, Regional Manager (408) 363-1010
Professional site hourlong classes included Mentor Graphics (6 years), Network Appliance (6 years), other prior sites include Adaptec (1 year), Juniper Networks (3 years)

Corporate clients served as an independent contractor
3Leaf Systems (2006 to current) attn: Isam Akkawi, Founder (408) 572-5900
Santur Corp. (2008 to current) attn: Ed Vail, Founder (510) 656-7130
Latitude Corp. (January 2004 – May 2007)
Interwoven (April 2000 to September 2003)
HEWLETT PACKARD (February 2000 to November 2006)
Mixed Level Hatha and Vinyasa classes 1-2 times a week

Independently run local classes

Pleasure Point Fitness and Dance (April 2008 to present) pleasurepointfdc.com
attn: Janelle Rodriguez (831) 295-0953
Spencer Fitness Studios (June 2006 to present) spencerfitness.com
attn: Eddie Spencer (831) 661-0621
One Yoga Center at the Veteran's Memorial Building, Santa Cruz oneyoga.org
Attn: Jasmine Berke (831) 454-0478 (January 2000 to April 2009)
Weekly mixed level and advanced Hatha Vinyasa classes and specialty workshops

Private Clients since 2005 (please see references)

I currently see three private clients a week in Santa Cruz and Los Gatos for individualized
Yoga sessions, combining Yoga postures, breathing practices, counseling

April 2000 to present

Gold's Gym, San Jose area, Campbell and Skyport sites
Mixed Level classes
(408) 375-8877, Group Ex. Director: Darlene Polistico

March 2004 to August 2006

Yoga Center Los Gatos www.yogacenterlosgatos.com
Jan Hutchins, founder
specialty classes and monthly workshops

OTHER AWARDS/ CERTIFICATES/ SERVICE

- "Best Yoga" Silicon Valley Metro Gold Award, 2001 while working at Club One
- Reiki Levels 1, 2, 3 and Master Teacher Attunement since 1999
- F.O.T.S.I. Friends of Tibetan Settlements in India; Benefit Yoga Workshops since 2004 and ongoing weekly benefit class (Sept. 2004 to January 2007)
- Ammachi Charitable Works Benefit Yoga Workshop, June 2002
- Pakistan Earthquake Relief benefit Yoga classes Nov.'05-Jan.'06
- R.A.W.A. Revolutionary Alliance of Women of Afghanistan; Benefit Yoga Workshop in February 2002
- Walnut Avenue Women's Center (09/99-10/99)
- Resource Center for Nonviolence (10/96-04/97)
- Citizens for Responsible Forest Management (1995-1998)
- Big Mountain Alliance of Santa Cruz (1996-1997)
- Veteran's Administration Hospital of Fresno, CA (1993-1994)

REFERENCES

Sue Cadile, Club One Regional Manager (408) 363-1010
Elaine Brett, Private client (408) 866-0408
Isam Akkawi, Founder, 3Leaf Systems (408) 572-5900