



Winter E-N Brown, Ph.D., RYT-500, RPYT

winterbrownnyoga@gmail.com

www.winterbrownnyoga.com

Since finding yoga in 2002 I have been devoted: it keeps me strong, helps me stay mindful, and encourages me to stay supple physically, mentally, and emotionally. I have over 1,000 hours of teaching experience. I create caring and playful environments focused on empowering the individual yogi in each of my yoga classes and privates. I have taught a variety of styles to distinct populations, from gentle to power, for bodies as diverse as pregnant mamas to cancer survivors, and for first-time beginners to advanced athletes. I tailor my classes to my students' needs, offer modifications and variations throughout, and provide consistent guidance focused on alignment and mindfulness. Throughout I encourage my students to walk the fine-line between challenging and respecting their limitations.

Education

- Duke University, Ph.D. Political Science December 2012
- Seattle University, BA Political Science & BA Philosophy June 2002

Teaching Certifications

- 800-Hour Yoga Therapist Training with Niroga Institute Graduating May 2018
- Stress-Resilience for Trauma with Veterans Yoga Project. January 2017
- 90-hour Prenatal Yoga Teaching with Jane Austin July 2016 & March 2011
- 500-Hour Advanced Teacher Training, December 2015
emphasis on Therapeutic Yoga and Yoga Psychology
- Pelvic Floor Yoga Therapy Certification with Leslie Howard February 2015
- 200-Hour OM Yoga Joining Heaven and Earth Teacher Training, April 2009
with Sarah Trelease and Frank Mauro

Teaching Experience

- Dragonfly Yoga and Wellness, Livermore, CA. July 2013 - present
Teaching three to four classes per week, including ½ flow and prenatal yoga. Offering workshops and series like Introduction to Yoga and Meditation as requested. Guest teacher in 200-Hour Teacher Training Program.

- LifeStyle RX with Stanford HealthCare - ValleyCare, Livermore, CA. April 2010 – present
Teaching three public classes per week, including Yoga for Cancer and Beginning Yoga, and private classes with Physical Therapy and Cardiac Rehab as requested. Previous classes focused on specific constituents include cancer survivors, restorative, prenatal, postpartum, and high school athletes.
- The Yoga Fusion, San Ramon, CA December 2015-present
Offering special workshops once per month or every other month, including pelvic floor health for women and yoga ropes.
- Cosmic Dog Yoga, Livermore, CA. February 2010 – June 2013
Taught two classes per week, including gentle and power classes.
- Downtown Yoga, Pleasanton, CA. April 2010 – June 2012
One all-level class per week.
- Blue Point Yoga, Durham, NC. January 2009 – December 2009
Two all-level classes per week.
- Duke University, Durham, NC. September 2009 – December 2009
One all-level class per week

References

Anne Moselle, Former Coordinator of LifeStyle RX's Cancer Survivorship Program

925-200-9884

Anniem228@yahoo.com

Suzanna Spring, Owner of Dragonfly Yoga and Wellness

suzannaspring@comcast.net