



Winter E-N Brown

Ph.D., C-IAYT, E-RYT 500, RPYT

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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 that combine movement, breath, and mindfulness in order to unleash and empower the healer within you. I strive to create inclusive and safe spaces that offer precise cueing, minimal hands-on adjustments, and choices and modifications that bring yoga to life in your body and mind.

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

Teaching Experience

- Dragonfly Yoga and Wellness, Livermore, CA. July 2013 - present
Teaching three classes per week, including ½ flow and prenatal yoga. Offering workshops and series like Introduction to Yoga and Meditation, Yoga Nidra, and postnatal yoga 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 (since 2016) and Mindful Movements for Heart Health (since 2018), and private classes with Physical Therapy, Skilled Nursing, and Cardiac Rehab as requested (since 2017). Previous classes focused on specific constituents include restorative, prenatal, postpartum, and high school athletes.

- The Yoga Fusion, San Ramon, CA December 2015-2017
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
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Suzanna Spring, Owner of Dragonfly Yoga and Wellness
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