

R e s u m e

The Joy of Gentle Yoga with Sylvia Smallman, ERYT

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www.JoyOfGentleYoga.com

Yoga Teacher Trainer:

My Intention is to make more Yoga more accessible to more people.

Later Life Yoga Teacher Training:

- Langara College Yoga Teacher Training
- Vancouver School of Yoga, faculty for Cont. Ed. & Yoga Therapy program.

Chair Yoga Teacher Training:

- Yoga Outreach
- Vancouver School of Yoga
- Yoga Therapy International - Maggie Reagh
- DVD - "The Joy of Chair Yoga with Sylvia"

Teaching Experience:

See website for current public classes: www.JoyOfGentleYoga.com

The Joy of Gentle Yoga:

Hatha classes since 2003 including Columbia Street Studio, Sourcepoint, the Path, Yoga by the Sea (Roberts Creek), Dancing Cat yoga studio (New Westminster), little mountain yoga studio, Yoga for Back Care at the Treloar Physiotherapy studio, Yoga Outreach, False Creek Community Center & Adapted Yoga classes for limited mobility, Bonsor Recreation complex yoga studio.

Individual Private Yoga Therapy.

Workshop Leader: The Neck Workshop, Breathing for Balance, Pelvic Prana, Yogic Tools for Life.

Chair Yoga:

Yoga Outreach, Marpole Place, Kerrisdale Seniors Center, False Creek Community Center, Weinberg assisted living, Louis Brier, Crofton Manor, Victoria Yoga Conference

Special Medical applications of Therapeutic Yoga

- Chronic Pain, Yoga Outreach and CPSMP (Chronic Pain Self Management Program).
- Back Care Yoga, Treloar Physiotherapy
- Healthy Heart Program, St. Pauls Hospital
- Acquired Brain Injury, Cheshire Homes Society
- UBC Medical Research study on cognitive function after stroke.

Corporate

weekly lunch hour hatha classes at B.C.I.T; Natures Path Foods;
the Yoga/Breathing Break at Emily Carr University, and City of Vancouver, City Hall.

Volunteer

the Cancer Society, the Listening Room at the Jean Barber Lodge; Banfield Pavillion VGH; Therapeutic Yoga for Disabilities class; Yoga Outreach older adult rehab; Cheshire Homes Society for Brain Injury; the Healthy Heart program at St. Paul's hospital.

Certifications & Studies:

1970	Started taking yoga classes!
July 2003	Kripalu Yoga Teacher Training , Kripalu Center for Yoga and Health, Massachusetts
2003 - 2004	Anatomy of Yoga , a 10 month,100 hour advanced training with Leila Stuart.
2004	Prenatal Yoga Teacher Training w. Janice Clarfield
2005	Vipassana meditation
2008	Chennai, India: philosophy, meditation and yoga therapy in the Krishnamacharya tradition.
2009	Yoga Therapy 300 hour training at Leila Stuart's Centerpoint Yoga Therapy School.
2011	Yoga Outreach core training
2003 - present	Meditation with PadmaYoga & Meditation
2003	Chronic Pain Self Management Program facilitator, Centre for Aging, University of Victoria
2014	Original Meditation retreat in Kullu Valley of the gods, Northern India.
2015	Yoga for Pain with Neil Pearson
Ongoing	Classes, workshops, conferences, retreats & online courses including: Dru Yoga, Meditation, Yoga Nidra, Yoga philosophy, Sacred Stories with Nathalie Rousseau, Yoga Sutras, visiting masters from Bihar School of Yoga •Online webinars: with Judith Lasater, Tom Myers, and other reputed teachers on yoga for the maturing yogi, yoga and heart health, spine, anatomy, restorative yoga, chronic pain, pelvic health, insomnia, osteoporosis and more.
Other Body/Mind/Movement explorations: Tensegrity, Medical Qigong, Tai Chi, Bonnie Bainbridge Cohen movement, African dance, drumming, Feldenkrais, Healing Touch.	
Professional Affiliations: Yoga Alliance, IAYT , YogaBC.	

General Work Experience:

1984 - 2010	Emily Carr University. Studio technician in the Design Dept.
1980 - 84	Early Childhood Education teacher
1974 - 78	UBC Berwick Preschool for Special Needs Children.