

*Lois has been a student of Ashtanga yoga since 1999. Richard Freeman is her primary teacher and she is heavily influenced by Iyengar alignment principles. Her teaching style uses the core principles of Ashtanga to help students draw their senses inward and experience a gentle meditative flow. Restorative and therapeutic postures are often included in group and private classes depending on student needs.*

## Education

### Ashtanga Yoga Training

- Pattabhi Jois, New York City at the Puck Building September 1 – 22, 2001
- The Ashtanga Yoga Research Institute, Mysore, India February – April, 2002
- Richard Freeman's Ashtanga Yoga Teacher Training (83 hrs) May – 30, 2002
- Tim Miller, Ashtanga Yoga Center, Tulum, MX Ashtanga Training (30 hours) February 2003
- Richard Freeman's Advanced Teacher Training-Kena Upanishad (102 hrs) October 27 – November 11, 2003
- Richard Freeman's Advanced Teacher's Intensive – Bhagavad Gita (85 hrs) November 6 – 17, 2003
- Richard Freeman's Advanced Teacher's Intensive – Procrustean Bed (60 hrs) November 1 – 17, 2007
- Richard Freeman's Advanced Teacher's Intensive – Bhagavad Gita(100 hrs) October 20 – 31, 2008
- Richard Freeman's Advanced Teacher's Intensive Yoga Taravali/Nadanusandhana (50hrs) April 20-27, 2009

### Other

- Richard Freeman & Aadil Palkhivala Yoga Retreat on Fire Mountain, Hawaii February 3 – 10, 2001
- Richard Freeman Week long Yoga Retreat, Inner Harmony, Utah 2003
- Richard Freeman Week long Yoga Retreat, Inner Harmony, Utah 2004
- Richard Freeman Week long Yoga Retreat, Costa Rica 2005
- Aadil Palkhivala Back bending & Neck/Shoulders/Wrists Workshop, Ventura, CA January 23, 2010
- American Sanskrit Institute, Weekend Sanskrit Immersion Course, Vyass Houston, New Hampshire ~2000

### Meditation

- Sharon Salzberg Weekend Meditation Retreat at UpayaZen Center September, 2004
- Sesshin Meditation at Hakubai Temple, Boulder, Colorado July 6 – 10, 2005
- H.H. Dalai Lama, weekend Dharma lecture in NYC September, 2006
- PHOWA Meditation Retreat with Anyen Rinpoche, Mt. Evans Center, Colorado July 29 – August 1, 2006
- Meditation retreats with Dzigar Kongtrul Rinpoche, Mangala Shri Bhuti, Colorado 2005 – 2006
- H.H. Dalai Lama Dharma Teaching/Four Noble Truths & Amitabha Permission Initiation September 25, 2009
- H.H. Dalai Lama Dharma Medicine Buddha Initiation, Long Beach, CA September 26, 2009

## Experience

- Private clientele & semi-private group lessons, Santa Monica, CA 2009-Present
- Private clientele, Portsmouth, NH 2001 – 2004
- Instructor at Kennebunk Fitness Club, Kennebunk, ME All Levels class 2001
- Instructor at Heart & Muscle LB Fitness Club, Wells, Maine Beginner and All Levels class 2001
- Substitute teacher for Bob Vaccaro, Portsmouth, NH 2000 – 2002
- Led Ashtanga Workshops at Yoga East, Reading, MA (Monica Veneziano, Director) 2001 – 2002
- Director, Court Street Yoga, Portsmouth, NH 2002 – 2004
- Assistant to Richard Freeman, Boulder, CO Sunday morning Level I Class 2006
- Assistant to Richard Freeman at Upaya Zen Center Ashtanga weekend workshop All Levels June 2006