

## Maryelen Horeftis

“Below is a little bio that talks about my yoga journey. I have also included a list that includes my instructors, certifications, and how my knowledge of yoga has grown.

I started my yoga journey at Boston University, practicing Hatha Yoga with Barbara Feldman. I had no idea at the time how fortunate and privileged I was that she was my teacher, or the science behind it all. I just knew I felt great after class. After a car accident injured my spine from top to bottom, my body was very clear that Yoga was the effective wholistic healing modality that would ensure I wouldn't end up on pain meds for the rest of my life and on my way to a wheelchair. With a lived experience in pain and its management, and a desire to understand what can help, I bring a unique wholistic perspective to every practice. The foundation of my classes is accessibility to all and supporting the nervous system to allow ease.

Psychology degree and Pre-Med at Boston University

200-hour Vinyasa at Prana Yoga Center

Restorative and Yin Yoga Certification with Debora Wayne

Yoga Therapy for Cancer Certification with Dr. Ingrid Yang

Yoga for a Happy Back Certification with Rachel Krentzman (with advanced training)

iRest Integrative Restoration Yoga Nidra Levels 1&2 Certification (working on Level 3) and many workshops

Warriors at Ease Levels 1&2 Certification (working on Level 3)

Rainbow Kids Yoga Certification

Yoga Tune-Up Training with Jill Miller

Advanced Anatomy Training with Nicole Mullins PhD

Yoga Wall Levels 1&2 Certification with Jason Cull

Yoga for Children and Teens (Autism, Neurodiversity, and Diverse Needs) Level 1 with Shawnee Thornton Hardy

Anatomy Trains in Motion training

Extensive continued education with Anatomy Trains

Vagus Nerve Mojo with Stop Chasing Pain

Extensive continued education with Stop Chasing Pain

Extensive continued education in the workings of the nervous system, and fascia, and how all systems are interconnected, including Ayurveda, Traditional Chinese Medicine, and Polyvagal Theory.”

