

Kathleen M. Ellis, RYT
Chicago, IL – 312-451-9595 – k@thleen.org

Teaching Yoga since 2006 and practicing since 2002. Enthusiastic instructor, energetic and dependable contributor to the local Yoga community. My teaching offers philosophy, precise verbal cues, cohesive themes, beautiful music and a bit of humor combined with an immersive, flowing practice.

Teaching Experience

Read Mental Health Center
October 2006 – Present

Teach a weekly hatha yoga class to three groups of inpatients at a psychiatric hospital on a volunteer basis. Practice includes chair-based and standing poses, meditation and relaxation techniques
October 2006 – Present

Take Five: Meditative Techniques to Reduce Stress When and Where You Need It – A workshop series for Center staff and patients
September 2007

Moksha Yoga Center
January 2007 – Present
mokshayoga.com

Tuesday Night Vinyasa Level 1-2, 90 Minutes
June 2007 – Present

Thursday Afternoon Basics/Intro, 90 Minutes
June 2007 – Present

Sunday Afternoon Basics/Intro, 90 Minutes
March 2007 – September 2007

Introduction to Yoga: 4 Week Beginner's Series, 90 Minutes
December 2006

Introduction to Yoga: 4 Week Beginner's Series, 90 Minutes with Daren Friesen, Hayley Brebner, and Andrea Klunder
November 2006

Community Yoga – Free all levels classes taught to the community
December 2006 – Present

Teaching on a substitute basis for Moksha faculty
December 2006 - Present

Nature Yoga Sanctuary
January 2007 – Present
natureyoga.com

Monday Morning Vinyasa Level 1-2, 90 Minutes
June 2007 – Present

Thursday Noon Hatha Level 1 – 75 Minutes
July 2007 – Present

Thursday Evening Vinyasa Level 1-2, 75 Minutes
March 2007 – April 2007, for Erica Rumpel

Teaching on a substitute basis for Nature Faculty
January 2007 – Present

Core Studio
March – May 2007
corestudiochicago.com

Workshop Series: Yoga for Cyclists
March, April and May 2007

Education and Training

Registered Yoga Teacher - 200 Hours (RYT) certification from the Yoga Alliance, June 2007

CPR Certified by the American Heart Association, October 2006 – Present

Moksha Yoga Center Teacher Training Certification and Intensive – 328 hours logged as of 12/31/2006
March 2006 – June 2007

Tias Little, Yoga Anatomy Part 1: Feet as Foundation – 18 Hours, November 2006

Tias Little, Yoga Anatomy Part 2: Yoking the Shoulder Girdle – 18 Hours, April 2007

Shanna Linn, Anatomy for Yogis – 25 hours, June-July 2006

Shiva Rea, Fluid Power Teacher Training 27.5 hours, October 2006

Teaching Assistantships:

Gabriel Halpern: Yoga: Good for What Ails You, a six-week therapeutics workshop. April-May 2007

Alie McManus Vinyasa 2-3 10 weeks 6/06 – 8/06 Moksha Yoga Center

Lani Granum Vinyasa 1-3 10 weeks 9/06 – 12/06 Moksha Yoga Center

Mark Lerro Beginners' Series Two consecutive four week courses: 1/06-2/06 Nature Yoga Sanctuary

Other Professional Expertise: Sound and lighting design and operation for events and concerts. Unix systems administration. Fire performance art.

Other Education: Bachelor of Arts, Psychology. Towson University, 1996. Minor in Spanish

References: Mark Lerro, Program Director, Nature Yoga Sanctuary 773-227-5720

Celeste Januszewski, Occupational Therapist, Chicago Read Mental Health Center.
celeste.januszewski@illinois.gov, 773-227-5720

Daren Friesen, Director, Moksha Yoga Center. daren@mokshayoga.com 312-942-9642