

# Sandra Doherty Healy

**Certified E-RYT 500 Yoga Instructor**

**Certified Personal Trainer, Health Coach, & Group Fitness Instructor**

**Patch Fitness Center: *Ashtanga, Buti, Kundalini, Yoga Nidra***



## Philosophy

I discovered yoga in 2000 when the challenges of juggling a career & graduate school prompted me to explore pathways to alleviate stress. My journey began at the NYC Sivananda Yoga Center & since then I have studied other forms of yoga to include Kundalini, Yin, and my personal favorite Ashtanga. The peace I gained from my daily Ashtanga practice proved essential during my multiple deployments as a DA civilian. Inspired by the men and women that joined me on the mat downrange, I obtained my Yoga Alliance RYT 200 certification in 2011 and continue to work with military personnel, particularly individuals coping with post-traumatic stress and combat-related injuries. Integrating yoga with customized strength training & cardiovascular programming, I also work one-on-one with clients to help them achieve their personal transformation goals. I am a certified Level 1 iRest® Yoga Nidra & Yoga Warriors® teacher- both yoga techniques designed to help service members release negative emotions and develop a capacity to manage the stresses of daily life. In 2012, my husband and I traveled to India where I completed my RYT 500 certification. I have over 2,000+ hours teaching yoga; my classes place an emphasis on bodily alignment; and all skill and flexibility levels are most welcome. I owe a debt of gratitude to my teachers: Ashtanga teachers David Swenson and Kino MacGregor, iRest® Yoga Nidra teacher Dr. Richard Miller, Vinyasa teachers Seane Corn and Kathryn Budig, and Kundalini teachers Sierra Hollister and Guru Jagat.

## Education

Georgetown University School of Foreign Service, M.A., Arab Studies

City University of New York, Hunter College, M.A., B.A., Anthropology

## Current Certifications

E-RYT 500 & Continuing Education Provider, Yoga Alliance- designation indicates 2,000+ teaching hours

Personal Trainer, Health Coach, & Group Fitness Instructor, American Council on Exercise (ACE)

Pediatric & Adult CPR /First Aid, American Red Cross