

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