

# Christina G. Cohee, BA, E-RYT 200, RYT 500, YACEP, C-IAYT

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## Key Skills

Lifelong learner. Driven and passionate about sharing the tools of yoga to empower others, especially those with complex health issues, to experience their wholeness. My primary tools and the foundation of my work are ease and joy. My guiding values include:

- **Compassion.** Kindness toward ourselves is necessary for us to practice kindness toward others. When we speak and act from a place of compassion, we step into possibility.
- **Presence.** Doing the work requires a strong sense of where you are. We can experience vulnerability and authenticity when we are present to our lives.
- **Collaboration.** A great yoga therapist serves as a guide, empowering others to experience their wholeness. This is done through collaboration.

## Experience

### 10/22 – present **Yoga Therapist, Private Practice**

- Working primarily with individuals with trauma, burnout, or chronic health conditions, including C-PTSD, fibromyalgia, lupus, MS, anxiety, depression, Guillain-Barré syndrome, GERD, heart disease, ME/CFS, hypermobility, Hashimoto's, DM2, SUD.

### 05/22 – present **Assistant Program Director, Faculty, and Academic Mentor, Practice School of Yoga Therapy**

- Work with the management team to facilitate faculty and student communication, scheduling, maintaining documentation, and interviewing prospective students.
- Teach restorative yoga, panchamaya kosha, business, sleep, stress and relaxation, yoga and the mind, ethics, and yoga therapy skills modules.
- Adhere to effective mentoring strategies including promoting student critical thinking, demonstrating knowledge learned in the classroom, and allowing for more than one pathway to yoga therapy interventions.
- Confirm student progress and schedule mentoring for feedback and remediation.
- Supervise students as they begin to see clients, both via 1:1 mentoring and group "kula" calls.

### 01/18 – present **Yoga Instructor**

- Teach therapeutic yoga (gentle and vinyasa), restorative yoga, yoga with hand weights, slow flow, and fundamentals of yoga group classes
- Sub regularly for core strength vinyasa, hatha, and flow classes

### 06/24 & 01/20 **Assistant to Judith Hanson Lasater**

- Level 1 Relax and Renew Restorative Yoga Teacher Training (2020)

- Moving from the Organs 3-day Workshop (2024)
- 01/19 – 09/22 Yoga Therapy Intern**
- Completed research project on therapeutic application of restorative yoga for cell danger response (complex chronic illness)
- 01/04 – present Private Academic Educator, 1:1 and Groups**
- Homeschooling 3 children, 2 with learning disabilities

## Workshops/Presentations

- 08/25** Created to Connect: Yoga as a Healing Practice, 1.5-hr workshop
- 04/25** Self-Myofascial Release and Yoga Nidra, 2-hour workshop
- 02/25** Try Softer: Abhyasa and Vairagya in Practice, 2-hour workshop
- 01/25-02/25** YogaStrong, 6-week series on strength training (biomechanics & nervous system focus)
- 12/24** Prop it Like it's Hot, 2-hour restorative workshop
- 08/24** Try Softer: Abhyasa and Vairagya in Practice, 2-hour presentation
- 04/24** Embodied Joy, 2-hour workshop
- 10/23** Yoga Therapy & Mental Health, presentation to group of counselors
- 10/22** Yoga Therapy for Better Sleep, 2-hour workshop
- 01/18-present** Fundamentals of Yoga, 1-hour workshops on various topics at Your Yoga, including:
- Breath Fundamentals
  - Pelvic Floor Fundamentals
  - Fundamentals of Arm Balance
  - Fundamentals of Balance
  - Fundamentals of Low Back Health
  - Fundamentals of Yoga Props
  - Squatting Fundamentals
  - Common Compensations
  - Various anatomy and asana topics – wrists, shoulders, glutes, hamstrings, psoas, backbends, fascia, feet, knees, hips, adho mukha svanasana, trikonasana, chakravakasana
- 08/22** Practice School of Yoga Therapy, presentation of research project on the therapeutic application of restorative yoga for cell danger response (complex chronic illness)
- 11/19** Connect, 1-hour workshop
- 07/19** Yoga + Recovery, 2-hour workshop

## Memberships

- 10/22 – present** IAYT Member #70402313
- 06/19 – present** Yoga Alliance Member #293693

## Education & Training

06-07/25	Non-Dual Orientations for Peace and Clarity during Unsettled Times with <i>Shanti Kelley, C-IAYT</i>
05/25	All Mats Taken Business of Yoga Summit
04/25	Neuroscience & Yoga Conference
11/24	Embodiment Coaching Intensive with <i>Mark Walsh</i>
11/24	Sound Healing Certification with <i>Xenia Hennington; Jenny O, C-IAYT; Sam Pullen; C-IAYT</i>
09/24	Foundations of Yin Yoga with <i>Sue Goodly, YACEP</i>
01/20 – 08/24	Functional Synergy, various trainings with <i>Susi Hately, C-IAYT</i> . Courses include: <ul style="list-style-type: none"> <li>• Anatomy and Kinesiology for the Intuitive Yoga Teacher</li> <li>• Anatomy for Yoga Therapists</li> <li>• Hypermobility Disorders</li> <li>• Fundamentals of Yoga Therapy</li> <li>• Yoga Therapy and the Older Adult</li> <li>• Mechanics of Breathing</li> <li>• Healing and Revealing Human Potential</li> </ul>
02/24	Respiratory Issues in EDS/HSD & the Importance of Breath Training with <i>Jeannie DiBon</i>
07/23	Pain Mechanisms in Fibromyalgia and Hypermobility Spectrum Disorder with <i>Leslie N Russek, PT, DPT, PhD, OCS</i>
03/23	Sleep Disordered Breathing and Orofacial Pain with <i>Dr. Larry Stanleigh</i>
04/22	Working with People Living in Large Bodies with <i>Misty Kuefler, C-IAYT</i>
07/21 & 07/22	Whole Brain Healing with <i>Dr. Jill Bolte Taylor</i>
01/20 – 9/22	Practice School of Yoga Therapy 1000 Hour C-IAYT Teacher Training
2020	Embodiment Conference (I attended lectures by Gabor Mate, Peter Levine, Dr. Van der Kolk, Stephen Porges, Rod Stryker, Richard Freeman and Mary Taylor, Gary Kraftsow, Tias Little, Peter Blackaby, Jon Kabat-Zinn)
05/20 – 9/20	Survey of Leslie Kaminoff Principles and Practices Courses, self-paced online (Mr. Kaminoff made these available as an offering during COVID)
06/17 – 9/22	Mentorship with <i>Jessica Goulding, C-IAYT</i>
10/19 – 12/19	DNRS 26 Hour Neuro-Rehabilitation Program for Chronic Illness
08/19 – 10/19	Palouse Mindfulness 50 Hour Mindfulness-Based Stress Reduction Course
01/19	Y12SR Yoga of 12-Step Recovery Leadership Training
10/18	Relax and Renew Level 1, 30 Hour Restorative Yoga Teacher Training
01/18 – 12/18	Yoga Yoga School of Yoga Therapy 500 Hour RYT Teacher Training
03/17 – 12/17	Yoga Yoga Foundations of Yoga Therapy 200 Hour RYT Teacher Training
01/10 – 01/11	Continuing Education, Austin Community College
01/00 – 12/03	BAs in Spanish, Anthropology, and Photography; Business Foundations Certificate, The University of Texas at Austin