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

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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

10/25 **Ambassador, Texas Yoga Retreat**

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

11/25 Therapeutic Restorative Yoga for Complex Chronic Conditions, Yoga & Neuroscience Community Showcase

10/25 Nourish. Reflect. Reset., 2-hour workshop

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

01/25 – 12/25	Start Before You're Ready: Content Creation and AI with *Lizzie Lasater*
10/25	Texas Yoga Retreat (I attended lectures by *Marsha Banks-Harold, C-IAYT, Mala Cunningham, C-IAYT, and Charles MacInerney, C-IAYT*)
06-07/25	Non-Dual Orientations for Peace and Clarity during Unsettled Times with *Shanti Kelley, C-IAYT*
05/25	All Mats Taken Business of Yoga Summit, *various*
04/25	Neuroscience & Yoga Conference, *various*
11/24	Embodiment Coaching Intensive with *Mark Walsh*

11/24	Sound Healing Certification with *Xenia Hennington; Jenny O, C-IAYT; Sam Pullen; C-IAYT*
02/24	Restorative Yoga for Menopause with *Judith and Lizzie Lasater, Mary Richards, C-IAYT*
09/24	Foundations of Yin Yoga with *Sue Goodly, YACEP*
01/20 – 08/24	Functional Synergy, various trainings with *Susi Hately, C-IAYT*. Courses include: • Anatomy and Kinesiology for the Intuitive Yoga Teacher • Anatomy for Yoga Therapists • Hypermobility Disorders • Fundamentals of Yoga Therapy • Yoga Therapy and the Older Adult • Mechanics of Breathing • Healing and Revealing Human Potential
02/24	Respiratory Issues in EDS/HSD & the Importance of Breath Training with *Jeannie DiBon*
07/23	Pain Mechanisms in Fibromyalgia and Hypermobility Spectrum Disorder with *Leslie N Russek, PT, DPT, PhD, OCS*
03/23	Sleep Disordered Breathing and Orofacial Pain with *Dr. Larry Stanleigh*
04/22	Working with People Living in Large Bodies with *Misty Kuefler, C-IAYT*
07/21 & 07/22	Whole Brain Healing with *Dr. Jill Bolte Taylor*
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 *Jessica Goulding, C-IAYT*
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