

RYT-500 || AIReal® || Katonah Yoga®

Appointments

L I T Life + Yoga Columbus, OH

- 2019– Instructor and teacher training assistant, front desk staff member

Trainings

- Autumn 2025 Katonah Yoga — Mentorship (40 hrs)
- Spring 2023 Organs and glands with Kate Posch (5 hrs)
- Spring 2021 Anatomy with Tiffany Cruikshank (20 hrs)
- October 2020 Yoga Alliance teacher training with Josie Schweitzer @ The Space (300 hrs)
- Summer 2020 Redefining mobility with Matt Phippen (20 hrs)
- Spring 2020 AIReal teacher training with Carmen Curtis (50 hrs)
- Winter 2019 Katonah Yoga with Nevine Michaan (20 hrs)
- Summer 2019 Katonah Yoga — Chairs with Mary Dana Abbott (10 hrs)
Katonah Yoga — Weave it in with Reni Bickel & Aylin Karadayi (20 hrs)
Katonah Yoga with Abbie Galvin @ The Studio (30 hrs)
- Spring 2019 Yoga Alliance teacher training with Babajide Ogunmola @ L I T (200 hrs)