Carman Romano

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RYT-500 || AIReal® || Katonah Yoga®

	Appointments
	L I T Life + Yoga Columbus, OH
◦ 2019–	Instructor and teacher training assistant, front desk staff member

	Trainings
◦ September 2026	Mobility with Josie Schweitzer (5hrs)
◦ 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)