

HOT YOGA WELLNESS®

Advanced Yoga Teacher Training & Yoga Therapist Training



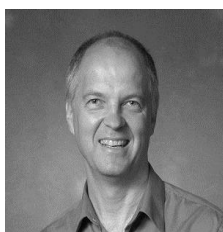
Instructors:



Sujun Chen E-RYT500, CYT, CQT, CCHt, School director, director of all training:

"Our curriculum's instructors are leaders in the yoga therapy profession and will provide you with the training required to further your goals to assist and instruct others in their healing process and in their yoga practice."

She is very proud of the wonderful team of people who are teaching the training.



Staffan Elgelid, PT, PhD, GCFP, CYT, YT 500

Dr Staffan Elgelid is an Associate Professor of Physical Therapy at Nazareth College, and a faculty member at the Yoga Life Yoga Teacher and Yoga Therapy programs. At Nazareth College he teaches a wide variety of courses and is in charge of the Nazareth College Wellness initiative. Dr Elgelid has been a Physical Therapist for 25+ years, in addition Dr Elgelid is a certified Feldenkrais Practitioner and has 500 hour of Yoga training. A native of Sweden and graduate of the University of Central Arkansas, Dr Elgelid has worked in a wide variety of settings, including owning his own clinics, and has presented at

conferences on a wide variety of topics such as Complementary Approaches to Health, Guided Imagery, Healthy Aging, Mentoring, Awareness, Core Strengthening, and Feldenkrais, both in the US and in Europe. Dr. Elgelid has held several positions within the North America and International Feldenkrais Community. He is currently a board member of the International Association of Yoga Therapists, and on the editorial board of several journals. Dr Elgelid has also produced videos on different approaches to strengthening.



Nicole DeAvilla, E-RYT500, RPYT, RCYT, Master Level Yoga Therapist

www.nicoledeavillayoga.net

Nicole completed her initial Ananda Yoga Teacher Training in 1984. She has a background in Sports Medicine Research, chiropractic physiotherapy, dance, track, writing and is an experienced Parent Education Coordinator

Nicole was one of the pioneer yoga instructors in prenatal/postpartum yoga and yoga therapy. She teaches advanced teacher training in yoga therapy and prenatal/postpartum yoga and private instruction to yoga teachers. She specializes in yoga therapy for individuals. Yoga

Therapy covers physical, mental, emotional and spiritual well being. Nicole teaches all aspects of yoga therapy: postures, meditation, raja yoga, etc. Currently Nicole is on the International Association of Yoga Therapists Accreditation Committee charged with implementing the new Educational Standards for the training of yoga therapists. Nicole is best-selling author and creator of "The 2 Minute Yoga Solution" and is on the following Boards and committees:

- >ND Yoga Online - Yoga Therapist and Prenatal Yoga Competencies and Mentored Programs
- >International Association of Yoga Therapists Accreditation Committee Member
- >Prenatal & International Yoga Teacher - Training and Program Development
- >Director of Musculoskeletal Yoga Therapy, Ananda Yoga Therapist Training
- >Yoga Alliance Standards Advisory Committee



M. Mala Cunningham, Ph.D, CYT, CAT

www.cardiacyoga.com

Dr. Cunningham is a leading speaker, author, and educator in the field of Mind-Body Medicine and Health Psychology. She is the President of Positive Health Solutions and is the Founder and Director of the renowned training program Cardiac Medical Yoga. Dr. Cunningham is also a Counseling Psychologist in private practice in Charlottesville, Va. and has been a business consultant for over 20 years.

Dr. Cunningham has lectured extensively both nationally and internationally and is a widely recognized authority in health and business psychology, sleep enhancement, stress management, and medical yoga. She is also certified in Auricular Acupuncture and is a certified yoga teacher from two traditions. She has taught and practiced in these areas for over 25 years

She is President – Positive Health Solutions,
Founder & Director – Cardiac Medical Yoga
Executive & Management Consultant, Counseling Psychologist



Melissa Canter MBA, E-RYT-200

www.melissacanter.com

After two decades on Wall Street at the leading investment banks in New York City, Melissa discovered that wealth, status and success weren't enough. She retired young determined to find genuine fulfillment.

Outside of corporate culture, Melissa was finally able to discover her true self.

The catalyst for her transformation was the study of yoga, Chinese moving meditation called qigong and life-coaching techniques. Melissa immersed herself in these teachings and discovered that the body-mind connection is the platform to finding lasting happiness and fulfillment. For

over ten years, Melissa has been sharing this mindful knowledge and empowering others to live their best life.

Melissa has reached the highest level of study and certifications as an E-RYT with Yoga Alliance and is internationally certified by the Chinese Health Qigong Association of Beijing, China. With over 10,000 hours of teaching, she has trained both students and teachers in the art of life-coaching as well as in numerous styles of yoga, meditation and qigong. Melissa earned her MBA from the Leonard N. Stern School of Business at New York University and is a Phi Beta Kappa scholar.



Sosan Hao, RD, CDE, Registered Dietitian,

www.sosanhua.com

Sosan Hua graduated from the University of Toronto. Along with her designation as a She is a registered dietitian, a certified diabetes educator, a consulting dietitian and serves as program director for Nutrition and Wellness programs in many medical clinics.

She was also an Instructor at Centennial College teaching Food Safety and Nutrition & Health. Sosan is often interviewed by Chinese newspapers and has appeared on OMNI television, Fairchild and Toronto Chinese radio as the expert in the area of nutrition and

food issues. She writes a quarterly nutrition column in different magazines. Her nutrition advice can be heard weekly on AM 1430 as she educates the public on nutrition, supplements and healthy lifestyle.

She is a Board Member or Member of:

Chinese Advisory Council for Heart and Stroke Foundation,

Heart & Stroke Foundation Chinese Advisory Committee,

Diabetes Educator of Canadian Diabetes Association,

Diabetes, Obesity and Cardiovascular Network, Complementary and Alternative Therapies,

Chinese Advisory Board for ORBIS, Consulting Dietitians of Canada, College of Dietitians of Ontario and the

Dietitians of Canada.



Luiza Ormonde has been practicing Ayurvedic medicine for 20 years. Combining personal practice with an extensive teaching repertoire, she melds the philosophy, theory, and principles of ancient medicine with practical, contemporary methods and approaches to healing. Currently teaching Ayurveda at the Institute of Traditional Medicine and has taught Ayurveda at the Royal Ontario Museum and at the Institute of Holistic Nutrition. Workshops and lectures have included Ayurvedic cooking classes at Whole Foods and the L.C.B.O.; as well as Ayurvedic herbalism at the Toronto Botanical Gardens.; as well as specific themed lectures for different organizations. She has taught workshops in meridian stretching and breath work, shiatsu therapy, Ayurvedic bodywork (abhyanga) and marma theory, meditation and pranayama, chakra psychology, and astrology. She has travelled to India many times to continue her studies and has led wellness journeys there. She is well-versed in Eastern philosophies and Western esoteric thought as it is a life-long passion. With stints in design, graphic arts, and the corporate environment , she brings a well-rounded, creative approach to her work.

Hot Yoga Wellness International

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East Meets East in the West[®]

500hr Advanced Yoga Teacher Training

(for certified 200hr yoga instructors to update to 500hr
Yoga Alliance Certification)

1,000hr Yoga Therapist Training - IAYT School Member

(for Health Care Professionals -MDs, nurses, massage
therapists, etc)

Yoga Alliance



Registered Yoga School

