##### Employment History

Herst Wellness San Francisco, CA

**Leadership & Life Coaching, Training, Acupuncture & Yoga Therapy**

Jan 2006 to Present

The Alive Tribe San Francisco, CA

**Founder Leadership and Communication Training** June 2012 to present

Mission Ashtanga San Francisco, CA

**Founder and Co-Leader of Yoga Program** Jan 2006 to Feb 2013

Ashtanga Yoga Auroville Auroville, Tamil Nadu, India

**Founder and Co-Leader of Yoga Program** Aug 2003 to May 2005

Quiet Healing Center Auroville, Tamil Nadu, India

**Acupuncture** Aug 2003 to May 2005

Pitanga Healing Center Auroville, Tamil Nadu, India

**Acupuncture** Aug 2003 to May 2005

Ashtanga Yoga San Diego Uptown San Diego, CA

**Yoga Teacher** Nov 2000 to February 2002

Yoga Shala San Francisco, CA

**Yoga Teacher** Nov 1998 to June 1999

Private Practice San Francisco & San Diego, CA

**Thai Massage Therapist** Nov 1997 to July 2003

##### Education

**M.S., Traditional Chinese Medicine** *2003*

### *Pacific College of Oriental Medicine San Diego, CA*

Dean’s List

Emphasis: Acupuncture and Chinese Herbal Medicine

**B.A., Religious Studies** *1997*

### *Columbia College New York, NY M*

Cum laude

Thesis: Western Approaches to Eastern Practices

**Certifications and Accreditations**

**Accredited Certified Coach (eligible in terms of hours for MCC)**  *2011*

***International Coaching Federation Lexington, KY***

**Certified Professional Coactive Coach** *2011*

***Coaches Training Institute San Rafael, C****A*

**Coactive Leadership** *2010*

***Coaches Training Institute San Rafael, C****A*

**Licensed Acupuncturist** *2003 to present*

***California State Board Sacramento, C****A*

**Authorized Ashtanga Yoga Teacher** *2003*

***Sri K. Pattabhi Jois Ashtanga Yoga Institute Mysore, India***

**Certified Massage Therapist** *1997*

***Wat Pho Traditional Thai Massage School Bangkok, Thailand***