

Resume: Michelle Douglas

 @RootToRiseWithMichelle  @RootToRiseWithMichelleDouglas
michelledouglasyoga.com

IN BRIEF

Latinx Inspirational Trauma-Informed yoga teacher who strives to create a brave space where humxns can be authentic and heal from within

Yoga Instructor: **Qualified in 2016;** continued instruction to present
Higher Education: **BA Education, K-6 (2009), Florida International University**
Founder: **Root to Rise Yoga**

Recent quotes:

“What I enjoy most is that she sees yoga as not only a tool for healing and personal transformation, but also as a path towards social justice and collective change. She shares both of these aspects of her yoga practice with her students in a loving and passionate way, which I find truly inspiring!”
(Celine Clark, Elementary School Teacher)

“Michelle’s bright, warm, and compassionate personality radiates in her teaching style. Her wealth of knowledge about yoga and additional healing practices make her classes restorative and well-rounded. She expands her classes beyond postures and skillfully weaves in supportive breathwork practices that encourage healing.”
(Amalia Zager, MSW Student and Yoga Teacher)

“Thank you, Michelle, for everything that you shared with us, for making us feel comfortable and allowing us to share some of our story as well. I felt lighter after every class. I can't wait for the next series!”

(Roxana Tota, LMHC)

YOGA EXPERIENCE

New York City:

- Root to Rise Yoga, Founder 2020-
- New York University, Dept of Mindfulness, 2019-
- Yo Yoga! 2019-2020
- NY Loves Yoga, 2019-
- Yoga Spa, 2019-2020
- NYC Yoga Project, 2020

Miami:

- Soulshine Yoga Academy, 2020-
- 305 Yoga and Outreach, 2016-2018
- Nobe Yoga, 2017-2018
- Enhanced Movement, 2016-2017

COMMUNITY

Connection Coalition, Trauma Informed Outreach, New York City, 2019-present

Trauma- Informed Yoga Teacher for Training
Trauma-Informed Yoga Teacher Outreach Program Volunteer
Area Coordinator, New York City

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CREREDENTIALS

- **300 Hour Yoga Teacher Training, Yoga Psyche Soul, 2021**
- **200 Hour Yoga Teacher Training, 305 University, 2016**
- (2016-present) Yoga Alliance, Registered Yoga Teacher (RYT-200)
- (2017) Intelligent Sequencing Training / The Art of Assisting Training / Five T's for Teachers Training
- (2018) Connection Coalition, Trauma Informed Outreach Training (& 2019) / Off the Mat, Into the World - Yoga, Purpose, and Action Leadership Training
- (2019) Chakraology Virtual Learning / Teaching Transformational Yoga - Bridging Personal Practice and Collective Change
- (2020) Learn Meditation with Certificate to Guide Others / Learn to Teach Yoga to Children / Off the Mat, Into the World - Yoga for Self-Regulation and Trauma / Facilitation Best Practices Deep Dive / Y12SR: Combined Training / Yin Yoga Teacher Training and Immersion

WORKSHOP FACILITATOR

Making Friends with Your Shadow, 2021

Creator and facilitator

S.O.U.L Sisters Leadership Collective Training, Transforming (HER) Pain, 2021

Opening and Closing Meditation Co-Facilitator

Empowered Womxn, Empower Womxn, Monthly Gathering, 2020

Creator and Facilitator

Healing Hands, a Workshop on Mudras, 2020 & 2021

Creator and Facilitator

Root to Rise, Chakra Masterclass Series, 2020

Creator and Facilitator

SOULID Ground: Vision Board Workshop, 2019 & 2020

Creator and Facilitator

Root Down, Open Up Masterclass - Mind-Body Connection in Times of Covid-19, 2020

Creator and Facilitator

OTHER EXPERIENCE

Public Elementary Education

(New York City, 2018-2019, Miami Beach 2011-2018)

All grades K through 4th; Integrated Co-Teaching, General Education and Teacher of the Gifted

Teaching since college gave a solid grounding in understanding the whole person through a lens of trauma, nurturing emotional and intellectual growth. Since starting mindfulness, yoga, and meditation journey,

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sought to implement ideas in the classroom such as a calming corner, restorative circle, morning meeting, and feelings check-in, along with yoga and meditation.

Teachers College Inclusive Classrooms Project, Columbia University

Participated in a year-long study of trauma and inclusive classrooms. Conducted a case study about a student and implemented strategies to encourage collective change in an elementary school classroom.

Social-Emotional Development

Implemented weekly restorative circle and morning meeting where strategies to develop relationships, build communities, and respond to conflicts and problems that arise in an elementary school classroom were used. This gave every child an opportunity to speak and be listened to. Led group meditation and mindfulness exercises.

OTHER

Fluent in Spanish
Reading, Travel

REFERENCES

Available upon request