

Rebecca South

Yoga Therapy
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PROFILE

Yoga Therapist and wellness professional with 16+ years' experience in integrative therapy. Individualized needs' approach to health through yoga, restorative poses, breath work, and guided meditation. Physical and mental challenges successfully addressed in UZIT and other mind-body modalities.

EXPERIENCE

- 2012 - Present **New York Hospitals, Wellness and Yoga Teacher**, (New York, NY)
Work with Patients, Doctors, Nurses, Administration with varying classes. Teaching restorative and relaxation through postures, essential oils, breath and Reiki. Hospitals taught at include: Columbia, New York Presbyterian and Weil Cornell Medical Center.
- 1999 - Present **Ballet Academy East, Yoga Instructor** (New York, NY)
Work with dancers of all ages - designed and launched a Children's Yoga program as part of Ballet Academy East's summer camp.
- 2011 - 2013 **American Cancer Center at Hope Lodge, Urban Zen Integrative Therapist** (New York, NY)
Work with individuals undergoing cancer treatments using Urban Zen Integrative Therapy to address PANIC (Pain, Anxiety, Nausea, Insomnia and Constipation). UZIT sessions incorporate yoga therapy movement, breath work, restorative positions, meditation, body scanning, Reiki, and essential oils therapy.
- 2001 - Present **Private Yoga Therapist** (New York, NY)
One-on-one interactions facilitating individual healing from MS, Muscular Dystrophy, cancer, and other physical and emotional imbalances.
- 2001 - Present **Top of the One, Yoga Instructor** (New York, NY)
Twice weekly classes to groups of older adults in all stages of mobility. Primary focus for these individuals is using and incorporating yoga meditation, breath, and postures into daily life.
- 2003 - 2005 **The Dalton School, After School Yoga Instructor** (New York, NY)
Taught yoga class to children in the lower and upper level of the school. Used creative storytelling to introduce the children to yoga postures.
- 2001 -2005 **Marymount School, After School Yoga Instructor** (New York, NY)
Developed a yoga curriculum for an all-girls class. We focused the class on loving themselves and being kind to others.

FEATURED CLINICIAN

- August 2012 **Copper Mountain Medical Festival** (Copper Mountain, CO)
Discussion and demonstration of chair and in-bed movements to audience of nurses and physicians. Promotion of relaxation for both medical personnel and their patients through safe movements and breath exercises.
- April 2012 **TEDMED Conference** (Washington D.C.)
Yoga teacher and Urban Zen Integrative Therapist for assembled attendees of the TED conference.
- December 2011 **Sadili Oval Sports Academy** (Nairobi, Kenya)
Had the pleasure of teaching yoga and dance to underprivileged children from the slum of Kibera.
- August 2011 **Mountain Pose Yoga Festival** (Copper Mountain, CO)
Topic taught: For women, a balanced approach towards moving through the hormonal and physical changes of each of life's chapters. The incorporation of body scan, meditation, the healing power of humor, and the use of essential oils make this a unique workshop.
- June 2011 **Einstein School of Medicine** (Bronx, NY)
Topic taught: Achieving balance in the midst of stress through proper breath, gentle physical movements, incorporating essential oils, meditation, and the use of chairs.
- March 2010 **Mountain Yoga Retreat Center** (Beijing, China)
Five day workshop on yoga poses that benefit and align the chakras.

EDUCATION AND TRAINING

- 1998 Bachelor of Arts (Dance Performance) Marymount Manhattan College
Bachelor of Arts (Communications) Marymount Manhattan College
- 2012 500-hr Urban Zen Integrative Therapy
- 2010 500-hr Yoga Training, Lisa and Charles Matkin (Garrison, NY)
- 2009 Pilates Mat Certified, Power Pilates (New York, NY)
- 2007 100-hr Prenatal Yoga Training, Lila Wellness (New York, NY)
- 2004 200-hr Kundalini Training, Yoga Prana Mandir (New York, NY)