



**Laura Lash**  
KYTA, Fitness & Wellness Liability Insured

617.413.3778 mobile  
[LauraJLash@gmail.com](mailto:LauraJLash@gmail.com)  
[www.lauralash.com](http://www.lauralash.com)

### Related Experience

**Teacher : McCormick Tribune YMCA/Logan Square** August 2006 - present  
**Chicago, IL**

- Currently teaching Hatha & Vinyasa classes.

**Substitute Teacher : Niyama Yoga** Sept. 2005-present  
**Wilmette, IL**

- Classes taught include Gentle Yoga for Beginners, Fundamentals and Yoga Basics.

**Substitute Teacher : Avani Yoga Studio** Sept. 2005-present  
**Buffalo Grove, IL**

- Classes taught include Vigorous, Moderate & Gentle Yoga.

**Practitioner of Yoga:** June 2000-present

- Styles explored are Hatha, Bikram, Asthanga, and Vinyasa.

### Training

**3 Hour Intensive with Jim Bennitt : Nature Yoga**  
**Chicago, IL**

- A delicious challenge in a Hatha setting, and a retreat from the city into my own practice.

**“The Power of Mindfulness” with Howard Cohn :** May 2006  
**Mundelein, IL**

- A 4-day Vipassana Meditation retreat with a founding teacher of Spirit Rock

**200-Hour Kripalu Yoga Teacher Training :** March 2005  
**Kripalu Center for Yoga & Health: Lenox, MA // [www.kripalu.org](http://www.kripalu.org)**

- Principles and techniques learned include:
  - Classic yoga asanas: including warm-ups for every body, the press-point assisting methodology and connecting breath with movement throughout entire practice.
  - Sharing with students that yoga is beyond asanas on the mat and how their yoga practice can be carried into their lives ‘off the mat’.
  - Culminating a dynamic and experiential class through creative sequencing of postures, in accordance with the level of each individual student.
  - Applying principles of anatomy & physiology with a great focus on safety and body awareness in order to create a safe environment for each student.
  - Pranayama techniques including Dirgha, Ujjayi, Kapalabhati, Alternate-Nostril Kapalabhati and Nadi Shodhana to introduce students to the power of prana.
  - Relaxation and meditation methodology to allow students to reap the benefits of their on the mat yoga practice.

**Transform Stress with Bhavani Lorraine Nelson:** Sept. 2003  
**Kripalu Center for Yoga & Health: Lenox, MA // [www.kripalu.org](http://www.kripalu.org)**

<b>Higher Education</b>	New York University NY, NYTisch School of the Arts Mav 1998 B.F.A. Film & TV	New York University Florence, ITALY Fall 1997. Studv Abroad program
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