



CASSANDRA
MARCELLA
METZGER

YOGA RESUME

EXPERIENCE

Teacher since 2003

- Formally trained in vinyasa style at Om Yoga Center.
- Certified Relax & Renew™ Trainer.
- Currently training to teach Prana Vinyasa style created by Shiva Rae.
- Personal weekly practice with Senior Intermediate I Certified Iyengar Yoga Teacher since 1999.
- Practitioner of yoga since 1994, originally with Savitri Ahuja.

Owner 2003-2010

[nilambu : a personal yoga studio](#)

Washington DC

- Taught and sequenced five to six classes a week.
- Conducted private sessions for clients ranging in age from 17 to 68.
- Guided meditations and offered complementary readings and poetry.
- Created and led yoga nidras (a formula for deep relaxation).
- Developed and offered materials on yogic lifestyle beyond the physical postures.

Writer 2003-2012

nilambu notes – stretches for your mind and soul
Washington DC

- Offered guidance on meditation and life balance.
- Reviewed books and video.
- Wrote and researched essays on yoga history, philosophy, customs and culture.
- Distributed to over 600 subscribers.

Substitute Yoga Instructor 2004

Tenley Sport & Health Instructor
Washington DC

Yoga Instructor 2002-2003

The Connection for Women and Families
Summit NJ



CERTIFICATIONS & MEMBERSHIPS

Yoga Alliance

Registered Yoga Teacher at 200 hour level since 2003
Currently working toward 500 hour level, expected
December 2016

Om Yoga Vinyasa Teacher

Certified June 2003

Relax & Renew™ Restorative Yoga Teacher

Certified May 2003

International Association of Yoga Therapists

Member since 2003

TEACHER TRAININGS

Prana Vinyasa™ Teacher Training

April 2016 - December 2016 | 300-hour training
*Shiva Rea, Jessica Lazar, Corinne Schneider,
Shawn Parell and Maggie Grant*

This certification merges *Tantra, Yoga, Ayurveda* and *Buddhist* philosophy. Includes over 20 sun salutations and over 15 Prana Vinyasa™ series that embrace the full range of yogic experience.

Emphasis is on learning how to see and work within the mandalas of yoga poses, to guide and embody both energetic and physiological alignment, to develop effective and creative sequencing and to activate enjoyment while living in the flow of yoga and life. Curriculum also addresses expression of sound, finding voice, and living Ayurveda.

OM Yoga Center Summer Intensive

Jennifer Brilliant & Dana Strong
June 2002 | 60-hour training



OM Yoga Teacher Weekend Warrior Certification

*Jason Brown, Christie Clark, Joe Miller
& Cyndi Lee*
July 2003 | 200-hour training

Included technique, teaching methodology and practice with feedback, use of voice and language, assistance to and adjustments on students, sequence of poses and class, creation of classroom mandala through music, sound and space, Buddhist meditation instruction and practice, how to integrate Buddhist philosophy into yoga instruction, Sanskrit language and terms, the Yoga Sutras and yogic literature.

Relax and Renew™ Teacher Certification

*Judith Hanson Lasater, Ph.D & physical therapist Roger
Cole, Ph.D.*
May 2003 | 20-hour training

Included the physiology of stress and relaxation, the biological basis of stress and relaxation, the processes that make restorative asanas so effective, principles of restorative yoga, how to sequence restorative poses, what

are the dynamics of healing and the student-teacher relationship, the special challenges of women including menstruation, pregnancy and menopause, special populations such as those dealing with immunological disease, heart disease, insomnia, headaches and back pain.

ONLINE COURSES

Tara Brach

Awakening Your Fearless Heart

The National Institute for the Clinical Application of Behavioral Medicine

April 2016 | online | 6 weeks

Brené Brown

The Anatomy of Trust and Living Brave Semester

Courage Works

November 2015 | online | 12 weeks

Gabrielle Bernstein

Spiritual Junkie Masterclass

October 2015 | online | 8 weeks

Elena Brower

Art of Attention Audio Meditation Course

October 2015 | online | 4 weeks



WORKSHOPS

Shiva Rea

Rasa Vinyasa Movement Alchemy

April - May 2015 | Flow Yoga Center | 4 days

Elena Brower

Art of Attention Healing Retreat

November 2014 | Shambhala Retreat | 5 days

Jane Bahneman

Well Equipped Anatomy Workshop

October 2011 | Tranquil Space Yoga | 2 days

Hari Kirtana Das

Practical Sanskrit for Yoga Teachers

October 2011 | Tranquil Space Yoga | 1 day

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October 2011 | Tranquil Space Yoga | 1 day

Seane Corn

The Three Realms of Consciousness

May 2011 | Yoga Journal Conference | 1 day

Seane Corn

Yoga for a Broken Heart

May 2011 | Yoga Journal Conference | 1/2 day

Bo Forbes

Yoga for the Nervous System: Healing Anxiety, Insomnia and Chronic Stress

May 2011 | Yoga Journal Conference | 1 day

Workshops, continued

Saul David Raye

Thai Yoga Massage: Hands-on Healing Partner

May 2011 | Yoga Journal Conference | 1/2 day

Cyndi Lee

OM Yoga Teacher Training Refresher

June 2005 | Om Yoga Center | 2 days

Rodney Yee

Asana Working Through Breath

November 2003 | Om Yoga Center | 3 days

Donna Farhi

The Body as Spiritual Vehicle

October 2003 | Om Yoga Center | 2 days

Rodney Yee

Yoga Intensive

October 2002 | Studio Yoga | 2 days

Shiva Rae

Vinyasa Yoga Intensive

October 2002 | Yoga Journal Conference | 1 day

Richard Freeman

Pranayama Workshop

October 2002 | Yoga Journal Conference | 1 day

Gary Kraftsow

Common Aches & Pains Upper Back, Neck and Shoulders

October 2002 | Yoga Journal Conference | 1/2 day

Susan Braham

Anatomy for Yoga

Sept. & Oct. 2002 | Om Yoga Center | 4 days

Kofi Busia

Yoga Intensive

July 2002 | Studio Yoga | 2 days

Donna Farhi

Taking Root to Fly

July 2002 | Shambhala Retreat | 5 days

Matias Flury

Ashtanga Workshop

May 2002 | Priya Yoga | 2.5 days

Cyndi Lee and David Nichtern

Yoga Body Buddha Mind

April 2002 | Shambhala Retreat | 5 days

Bobbie Fultz

Workshop on Yoga & Scoliosis

April 2002 | Studio Yoga | 2 days

*Also workshops with Roger Cole, Jason Crandell,
Leslie Kaminoff, Dharma Mittra.*