

Marisa Bonfanti, R.Y.T.

Yoga Instructor, Yoga Therapist & Thai Yoga Bodyworker

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www.marisabonfanti.com

SUMMARY OF SKILLS

Enthusiastic, experienced and dedicated Yoga Teacher, Yoga Therapist and Thai Yoga Bodyworker with a compassionate and calming presence who uses both intuition and comprehensive formal training to provide the most appropriate and supportive service for each client. Exceptional observational skills, patience and ability to connect with people emotionally and through articulate instructions all create a safe space for learning and healing.

WORK EXPERIENCE

PRIVATE YOGA INSTRUCTION, YOGA THERAPY & THAI YOGA BODYWORK

Tribeca Wellness Center, Manhattan, NY (September 2008-present)

Yoga Therapist and Thai Yoga Bodyworker

- Treat Neurology, Physical Therapy and Audiology patients in an integrative medicine center
- Design and teach individualized yoga therapy programs for patients
- Work one-on-one in yoga therapy sessions and direct at home practice

Step Into Stride Physical Therapy, Brooklyn, NY (October 2008 -present)

Yoga Therapist and Thai Yoga Bodyworker

- Treat Physical Therapy and Neurology patients in a private Physical Therapy Clinic
- Design and teach individualized yoga therapy programs for patients
- Work one-on-one in yoga therapy sessions and direct at home practice

Physio-Fitness Physical Therapy, Manhattan, NY (September 2007-September 2008)

Yoga Therapist and Physical Therapy Aide

- Work with physical therapists and one-on-one with patients to integrate yoga into treatment
- Design and teach individualized yoga therapy practices for patients
- Provide yoga expertise to expedite healing and regaining mobility, flexibility, strength, balance and patient confidence
- Carry out physical therapy program under the direction and supervision of physical therapists, including: lead patient in prescribed exercises, assist stretching, apply electrical stimulation, ultrasound, traction, paraffin baths, whirlpool, hot and cold packs
- Assist physical therapists in manual therapy techniques
- Record and report patient response to treatment

Private Teaching Practice, NYC (October 2004-present)

- Teach individualized yoga and yoga therapy privately to a diverse population

Private Bodywork Practice, NYC (August 2008-present)

- Provide Thai Yoga Bodywork privately to a diverse population

GROUP YOGA INSTRUCTION

Shambhala Yoga and Dance Center, Brooklyn, NY

Slow Flow Yoga: weekly class (September 2008-present)

Parent & Baby Yoga: weekly class (September 2007-September 2008)

Chakra Slow Flow Yoga: weekly class (November 2004-present)

Beginner's Yoga: weekly class (November 2004-December 2007)

Mount Sinai Hospital of Queens, Queens, NY

Gentle Yoga for Seniors: 2 weekly classes (February 2006-present)

Yoga for Employees: weekly class (May 2006-June 2007)

Harbor Fitness, Brooklyn, NY

Open Vinyasa Yoga: weekly class (January 2005-June 2008)

Open Hatha/Vinyasa: 2 weekly classes (January 2005-November 2007)

Prenatal Yoga Series: 6 weekly classes (April-May 2006)

Water Taxi Beach, Queens, NY (September-October 2006)

Family Yoga: 2 afternoon sessions

Yoga In Tribeca, Manhattan, NY (September 2006)
Beginner's Prana Yoga: 6 class series

Congregation Beth Elohim, Brooklyn, NY (September 2005-June 2006)
Kids Yoga After School Program: Ages 4-7 & 9-12: 2 weekly classes

Manhattan Country School, Manhattan, NY (February-June 2005)
Kids Yoga After School Program: Ages 5-7: weekly class

Simply-Yoga Studio, Manhattan, NY (October 2004-May 2005)
Open Hatha/Prana Yoga: weekly class

Back Yard Yoga, Brooklyn, NY (September-October 2004)
Open Prana Yoga: 6 week series

Central Park, Manhattan, NY (June-August 2004)
Open Prana Yoga: 8 week series

Universal Force Healing Center, Manhattan, NY (August 2004-present)
Kripalu/Prana Yoga: substitute for Robyn Ross

YOGA WORKSHOPS

Shambhala Yoga & Dance Center, Brooklyn, NY (June 24th, 2007)
Yoga & Chanting

Mount Sinai Hospital of Queens, Queens, NY (February 14, 2006)
Introduction to Yoga, Breathing & Meditation for Hospital Employees

Mount Sinai Hospital of Queens, Queens, NY (November 14, 2006)
Staying Healthy with Yoga: Postures, Breathing & Meditation for Hospital Employees

ASSISTED YOGA TEACHER TRAININGS

Prana Yoga Teacher Training (9 month Training, 2005, 2006, 2007, 2008, present)
Teacher Training Facilitator and Assistant
Taught by Jeff Migdow, M.D. and Priti Robyn Ross
New York Open Center, Manhattan, NY

4 Body Fit Teacher Training (January 26-28 & March 3-4, 2007)
Anatomy and Physiology Assistant
Taught by Dr. Jeff Migdow, M.D. and Sierra Bender, R.Y.T.
Brave on Down Yoga Center, Lebanon, CT

ASSISTED YOGA RETREATS

Pura Vida Spa, Alajuela, Costa Rica (February 12-19, 2005)
Yoga in Paradise: A Nurturing Retreat
Led by Priti Robyn Ross, R.Y.T

Kripalu Center for Yoga and Health, Lenox, MA (December 17-19, 2004)
Refilling Your Well: A Nurturing Retreat
Led by Priti Robyn Ross, R.Y.T.

Pura Vida Spa, Alajuela, Costa Rica (March 27-April 3, 2004)
Yoga in Paradise: A Nurturing Retreat
Led by Priti Robyn Ross, R.Y.T.

Kripalu Center for Yoga and Health, Lenox, MA (April 9-11, 2004)
Circus Yoga for Kids and Families

Led by Erin Maile and Kevin O'Keefe

ASSISTED YOGA WORKSHOPS

Kripalu Center for Yoga and Health, Lenox, MA (April 18-20, 2008)

Finding Joy and Vitality in Daily Life

Taught by Dr. Jeff Migdow

New York Open Center, Manhattan, NY (September 23, 2007)

Tibetan Five Rites

Taught by Dr. Jeff Migdow

Kripalu Center for Yoga and Health, Lenox, MA (July 27-29, 2007)

Tibetan Five Rites

Taught by Dr. Jeff Migdow, M.D., R.Y.T.

New York Open Center, Manhattan, NY (September 18, 2005)

Advanced Pranayama and Meditation

Taught by Dr. Jeff Migdow

New York Open Center, Manhattan, NY (September 18, 2005)

Tibetan Five Rites

Taught by Dr. Jeff Migdow

TRAINING and CERTIFICATIONS

Thai Yoga Basic Certification (April-June 2008)

Level I: Thai Yoga Foundation Course & Level II: Thai Yoga Basic Completion

New York Open Center, Manhattan, NY: Taught by Jonas Westring

- Completed two 35-hour Intensive trainings in the fundamentals of the Thai Yoga Method: traditional Thai massage techniques, myofascial stretching, joint mobilization, energy balancing, acupressure, rhythmic soft tissue compression, biomechanical alignment principles, hatha yoga postures, mindfulness meditation and yoga breathing.
- Learned over one hundred positions in the Thai Yoga Method, including supine, prone, side lying and inversions as well as arm, hand, and abdominal core techniques.
- Documented twenty practice sessions.

Yoga Anatomy and Breath Centered Yoga Teacher Certification (September 2005-June 2006)

Advanced Studies Program: Yoga Anatomy and The Application of Breath Centered Yoga

The Breathing Project, Manhattan, NY: Taught by Leslie Kaminoff and Zack Kurland

- Completed a ninth month, 200-hour training program in the essentials of the anatomy and physiology of yoga practice including in depth study of the relationship between breathing and movement, anatomical evolution and postural development of the human body, hands-on techniques of yoga therapy and assisted practice.
- Gained an education and confidence in developing individualized, non-standardized yoga practices for individuals and groups of people in the Krishnamacharya/T.K.V. Desikachar/Madras tradition - using breath and honed observational skills as the foundation of a safe approach.
- Learned how to identify patterns of holding and tension, sequence asana in an adaptable, contextualized manner, adapt and modify asana to maximize benefit and minimize risk of injury, use hands-on assists from an anatomically-informed breath-centered perspective.
- Experienced alignment principles and therapeutic applications of Body-Mind Centering, Laban Movement Analysis and Bartenieff Fundamentals as taught by Amy Mathews.

Pre-Natal & Post-Natal Yoga Teacher Certification (April 8-9, June 3-4, 2006)

Pre-Natal & Post Natal Yoga Teacher Training

The Breathing Project, Manhattan, NY: Taught by Jyothi Larson

- Completed a 35-hour training in yoga for the pre-natal and post-natal woman.

- Learned recommended active and restorative postures and sequences of postures and modifications and contraindications for different stages of pregnancy and for the post-natal woman, incorporating the baby into the post-natal yoga practice.
- Made specifically aware of the importance of specific yoga postures and breathing to strengthen abdominal and pelvic floor muscles to facilitate labor, delivery, breast-feeding, carrying the baby in pregnancy and after birth and to aid in recovery.
- Trained in addressing the many changes of the body during and after pregnancy and how to adjust for each individual's emotional and physiological needs.
- Experienced relaxation techniques for that help ease term, labor and delivery.

Embodying The Flow Teacher Certification (September 22-25, 2005)

Vinyasa Flow Yoga Teacher Training

Exhale Spa, Manhattan, NY: Taught by Shiva Rea

- Completed a 27-hour teacher training designed to support and enhance one's ability to cultivate the flow in hatha yoga.
- Experienced and became familiar with the flow of hatha yoga by using the principles of teaching around the breath and accessing the energy of the breath and body through movement and bandha awareness.
- Practice taught using a peak pose and incorporating appropriate rhythmic vinyasas and calculated resting times to prepare for and settle after the peak pose.

Relax and Renew Yoga Teacher Certification (May 16-20, 2005)

Relax and Renew Restorative Yoga Teacher Training

OM Yoga Center, Manhattan, NY: Taught by Judith Hanson Lasater

- Completed a 26-hour training in Restorative Yoga which focuses on the physiology of stress and relaxation and how this style of yoga can be utilized to facilitate healing physiologically as well as emotionally.
- Learned restorative yoga postures and yoga relaxation techniques and how to select, sequence and adapt appropriate postures for each individual.
- Made aware of the needs of women during menstruation, pregnancy and menopause and the circumstances and needs of special populations in restorative yoga.
- Carried out and submitted three case studies.

Radiant Child Yoga Level I & II Certification (January 28-30, 2005)

Radiant Child Yoga Program Level I and II Training

Spiral Flight Yoga, Washington, DC: Taught by Shakta Kaur Khalsa

- Completed 16-hour training in how to teach yoga to children from toddlers to teens.
- Experienced and practice taught Asana, Story Yoga Vinyasa, Creative Movement Games, Songs, Meditation and Breathing Techniques for Children.
- Trained in adapting yoga postures, games, meditation and breathing techniques to children with DSI and ADHD.
- Learned principles of Teaching Methodology, Adapting Yoga within School Systems and Child Discipline.

Circus Yoga Teacher Certification (August 25-31, 2004)

Circus Yoga for Kids and Families Teacher Training

Pompanuk Farm Institute, Cambridge, NY: Taught by Erin Maile and Kevin O'Keefe

- Completed 200-hour teacher training in how to teach children and adults yoga, Partner Yoga, Partner Acrobatics, Creative Movement, Trust and Intuition Games, Circus Skills and Ceremony, Clowning and Thai Massage.
- Enhanced my ability to facilitate connection between children and adults through moving, breathing and sharing the present moment. Practice taught a group of children and adults, helping to create a sense of trust and shared experience.
- Learned basic teaching methodology, child behavior and professional ethics.

Prana Yoga Teacher Certification (October 2003-June 2004)

Prana Yoga 200-Hour Teacher Training

New York Open Center, Manhattan, NY: Taught by Dr. Jeff Migdow and Priti Robyn Ross

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- Completed comprehensive 200-hour nine month training in Yoga Asana (postures), Pranayama (breathing techniques), Meditation, Relaxation, Chakra study, Mantra, Teaching Methodology, Anatomy and Physiology, Yogic Healing, Yoga Sadhana, Yogic Scripture and Philosophy, Professional Ethics, and Marketing.

OTHER EDUCATION

Bachelor of Arts, Art History, cum laude (June 2001)
NYU, Manhattan, NY

MEMBERSHIPS

Yoga Alliance, Registered Member since 2004

Kripalu Yoga Teacher's Association (KYTA), Registered Member since 2004

International Association for Yoga Therapists (IAYT), Registered Member since 2006