



HELEN CURRAN MITCHELL

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OBJECTIVE

To improve the quality of life for people through mindfulness via yoga including Slow Flow Vinyasa, Hatha, Gentle, and All-level Classes.

QUALIFICATIONS

- 500 Hour Certification (Hatha) 2016 – Aura Wellness Center – Paul Jerrard, Ph.D. (director)
- 200 Hour Certification (Hot Power Vinyasa) 2014 – Power Yoga Works – Bill Raup (director)
- Insured
- Presently teaching yoga and mindfulness classes at a variety of levels and styles.
- Reiki Master, Reiki Level 2, Reiki Level 1

EVENTS AND WORKSHOPS – ATTENDED AND PRESENTED

- Presented Hatha Yoga Classes at the Mind Body Spirit Expo – October 2015
- Meditative Postures – Yoganand Michael Carroll (Pranakriya School of Yoga Healing Arts) 2015
- Cultivating Hands on Assists – William Hufschmidt (Pranakriya School of Yoga Healing Arts) 2015
- Meditation for Your Type – Bob Butera, Ph.D. (YogaLife Institute) 2015
- Asana Lab: Balancing Poses; Balancing Effort and Surrender; – Bob Butera, Ph.D. (YogaLife Institute) 2015
- Asana Lab: Chair Pose Adaptations & Variations; Exploring the Shoulders & Neck in Yoga Poses; Adaptive Forward Folds – Kristen Butera (YogaLife Institute) 2015
- Asana Lab: Asana Lab: Plank Variations & Adaptations – Erika Tennebaum (YogaLife Institute) 2015
- Anatomy in Yoga Poses – Adam Sobel, M.D. (Stillpoint Yoga Studio) 2015
- Bryan Kest Master Class – Bryan Kest (Phelps School via Seva Power Yoga) 2016
- Beryl Bender Birch Master Class –(The Center HYA) 2017

SKILLS

- Uses alignment cues, modifications and props to allow students of all levels/body shapes to experience the peace and relaxation of a yoga practice
- Creates a relaxed mood using guided meditation and visualization practices throughout a class
- Delivers information on the anatomical benefits of the poses while holding space for the student to have their own experience; incorporates pranayama, mudras and bandha's to enhance the yoga experience for the practitioner
- Reiki Master/Teacher (Usui Tradition)



BIO

Helen believes in teaching people, not just poses. Her classes incorporate mindfulness, breath and positive intention with movement (asana/poses), to nurture the practice of those who are just beginning their journey into yoga, as well as those who have an established practice.

Helen encourages you and all her students to observe and enjoy the transitions into the poses and provides modification suggestions to allow you to go farther into or back out of a pose while still reaping the benefits.

As a student of the human body, mind/body connection, and philosophy, she provides practical information about how the poses affect the physical, mental and spiritual body to promote the pursuit of equanimity in your practice and life.

Helen began practicing yoga in the 1990s, maintaining a sporadic practice while raising three children. As her children became more independent, her practice deepened and became an anchor in her life. She noticed that maintaining a regular yoga practice helped her clarity and decision making off the mat as much as it helped her body, mind and spirit on the mat and she decided to share her passion and knowledge with others through teaching.

She began her journey into teaching yoga in 2014, becoming certified as a power vinyasa yoga teacher (200 hour) through Power Yoga Works in Malvern PA (2014), hatha yoga teacher (240 hour-2015 and 260 hour [500 hour total]-2016) through Aura Wellness Center in Massachusetts.

Helen believes that yoga is for every body and makes sure to pay attention to the students in her classes, cueing modifications and alignment adjustments as needed, allowing all practitioners to receive the benefits of the practice. Her classes provide tips for ways that yoga can be incorporated into daily life, whether on or off the mat.



WORK EXPERIENCE

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| Yoga Teacher – Multiple Locations – Montgomery and Chester County, PA. –
All level slow flow, gentle, vinyasa, yin, and other classes. | 2014-present |
| Technical Writer – Audubon, PA. – Supporting training of healthcare software programs. | 1999-present |

CPR AND INSURANCE

- CPR/AED Certification from the American Red Cross
- Insured through Philadelphia Insurance Company

REFERENCES

Available upon request

