

Erin Dudley : RYT: Vinyasa Yoga

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CERTIFICATIONS and STUDY

- 2008 MFA in Dance from University of Milwaukee
Wisconsin
- 2006 Eight week course in Iyengar Yoga
- 2005 Healing Yoga of Krishnamacharya
with MenekaDesikachar Radha Sundarajan and senior teachers
from Krishnamacharya Yoga Mandarim
- 2005 Yoga of Purification retreat with Sharon Gannon and David Life
- 2003/2004 Anna Forrest – two one-week intensives
One month of study at Krishnamacharya Yoga Mandarim In Chennai India
- 2002 John Friend 2 one week intensives
- 2002 Study and teaching in Osaka Japan with Buddhists Pure Land monk
Katsuhiko Ishida
- 2001 Kinesthetic Anatomy Course with Irene Dowd
- 1999 Yoga Teacher Training Certification, White Lotus Yoga
Center Santa Barbara, Ca.
Continuous study with Sharon Gannon and David Life
Posture Assisting week intensive with Yoganand
- 1990-1993 Florida State University
Concentrated study in ballet, modern, and Graham
Technique.
Additional Study: Teaching Methods, Music Theory,
Kinesthetic Anatomy

TEACHING EXPERIENCE

- 2007- 2009 Dance New Amsterdam, Equinox Fitness, Kula Yoga Project NYC. Leader of
annual retreats to Costa Rica and Upstate New York.
- 2006 Dance New Amsterdam (yoga) Amba Yoga Center, Remedy Fitness, Revive
Yoga in house privates. Special workshops by studio request.
- 1999 -2006 Yoga Retreats Jamaica, Catskills New York, Costa Rica
- 2005 Special workshops in Movement and Healing using Yoga and Dance various
yoga studios throughout Long Island
- 2005 Allison Russell Dance Arts, Co-director of Revive Yoga.
- 2004-2005 Modern Dance Technique and History Stony Brook University
- 2002-2005 Jewel and The Lotus Yoga Center, Port Jefferson Station, N.Y. Amba Yoga
Center, Smithtown, N.Y. Dance Space Center NYC (Now Dance New
Amsterdam).
- 2001-2002 Dance Improvisation, Stony Brook University, Stony Brook, New
York. North Shore Yoga, Port Jefferson, N.Y. Dance Space Center and
Kula Yoga Project NYC. Yoga lecture-demonstrations and classes, Tokyo,
Japan.
- 1999–2001 Ballet, Yoga and “Core Strength,” Jerome Coles Center, New York University.
Yoga: Crunch and World Gym, NYC.