

## ***Primary Faculty:***

**Teji (Ruth) Dilley** (ERTY 500) B.A., CMT, LMBT, HHP was drawn to yoga and the healing arts over 16 years ago as a natural treatment for depression and anxiety. She is a professional yoga instructor and massage therapist with her studio Tree of Life Yoga Center for Holistic Living in Elkhart, Indiana. Teji has devoted herself to studying and sharing yoga, massage therapy and energetic therapies including Reiki and Holographic Health and has encouraged many friends/students to go on to careers in the healing arts and yoga. In 1994 Teji visited the Kripalu Center for Yoga and Holistic Health and was certified in Kripalu Bodywork. She became a Certified Massage Therapist in 1997 and was Nationally Certified in Therapeutic Massage and Bodywork and became a Reiki Master in 2000. In 1998 she completed the Kripalu 200 hour Yoga Teacher Training program and began teaching in the South Bend area. Returning frequently to Kripalu for ongoing study including certification in prenatal yoga, in 2004 Teji completed the 500 hour Professional Level Yoga Teacher Certification with senior Kripalu faculty. In 2007 she began her studies with Dr. Theodore Baroody, M.S., D.C., N.D., Ph.D. and became certified as a Holographic Health Practitioner. Holographic Health is a highly evolved system that integrates structural, nutritional, and energetic therapies.

Teji's approach to yoga is grounded in the Kripalu tradition of compassion. She went on to study with teachers that integrate attention to alignment and other techniques to cultivate awareness. In 2003 she began study with Sarah Powers in the Yin style and later completed a 10 day teaching training with Powers and Paul Grilley. In 2006 she completed a teaching training with Kathleen Flanagan's Yogamocean to gain more clarity on Iyengar influenced practice. Other influential teachers include senior Iyengar teachers H.S. Arun of Bangalore India and Ramanand Patel, the late Esther Myers student of Vanda Scaravelli, Sarah Powers, Paul Grilley, Jill Satterfield, and Tias Little. Teji studied with the Ancient Ayurveda Institute of New York and is an Ancient Ayurveda Multi-Dimensional Living Counselor and is certified in the accompanying yoga system. Teji has taught yoga for 10 years privately and at Notre Dame, St. Mary's, World Gym, Memorial's Center for Integrated Healing, and Dhanwantari Center for Yoga and Wellbeing. Teji has given numerous talks and interviews on topics including Yoga, Bodywork, Earth based spirituality, and environmental activism at Indiana University South Bend, Notre Dame, Saint Mary's and for local interest groups.

**Kim Sellers**, (ERYT200), has been exploring and practicing different styles of yoga since the 1980's, and began to teach and share Yoga with others in the late 90's. Yoga is her passion, and she feels very blessed to be teaching Hatha yoga full-time in South Bend. Her motivation to teach is to share all of the joy and well-being that can manifest from this ancient healing practice. Kim teaches Yoga and Meditation to many different populations, including seniors, children, and cancer survivors; and teaches in university and corporate settings; through hospitals, and in health clubs. She teaches at various conferences throughout the year, and periodically leads workshops on yoga, meditation, and energy-based practices in Indiana and Michigan. She believes that everyone can “do” their own yoga, and strives in her classes to empower her students as they practice the physical, mental, emotional, and Pranic aspects of Yoga. Kim's classes emphasize safety, comfort, and growth, and students are guided in all layers of awareness to give them the confidence and as many tools as possible to move more deeply into their practice.

Kim's eclectic teaching style has unfolded from her training with many different teachers from a variety of yogic traditions. Kim initially trained at the White Lotus Foundation in Santa Barbara, California with Ganga White and Tracey Rich, and has since been humbled to study with many higher teachers in the U.S. and India; including Rodney Yee, Ana Forrest, Paul Grilley, Dharma Mitra, Manuso Manos, Rod Stryker, and Elesa Commerse. Most recently, she completed a yoga certification through Yogamocean under the instruction of Kathleen Flanagan, whose teachings emphasize the alignment and use of props in the style of Iyengar. Kim recently completed a year-long Meditation teacher-training course through the Kriya Temple of Yoga in Chicago, under the direction of Swami Kriyananda in the lineage of Yogananda. Kim is a Reiki Master/Teacher and is a 2003 graduate of the Tao Mountain School of Traditional Thai Medicine, with a focus on Thai Yoga massage.

## ***Guest Faculty Bios:***

**Arden Andersen D.O., Ph.D.** is an agricultural consultant, soil scientist, author and holistic physician and a world leader in the field of sustainable agriculture. Dr. Andersen is an authority on ecological responsibility and sound practices to manage soil, crops, and animals. His work explains how all of the various technologies of eco-agriculture can blend together to form a system that works with nature and outperforms conventional agriculture. He lectures world-wide on methods of fertility management, soil and plant feeding, and how to work with the energies present in plants and the soil. Moreover, his work brings the discussion full circle and explains how to grow crops that are truly worthy of human consumption and relates how various production factors are manifested in the end crop and in turn utilized by the human body. He is the author of the books *The Anatomy of Life and Energy in Agriculture*, *Science in Agriculture* and *Real Medicine, Real Health*, as well as video courses in ecological soil and crop management and agricultural radionics.

**Ann Clark** (RYT 200), Ph.D. first studied yoga in 1967 in conjunction with an Indian Philosophy class taught by Raja Rao, a professor of philosophy at the University of Texas at Austin. Ann practiced inconsistently except for Salamba Sirsasana, shoulderstand, which for some reason persisted through the years. In the fall of 1996 Ann again became a yoga beginner with Gillian, an Iyengar trained physical therapist in Vancouver B.C. From Gillian, Ann absorbed a sensitivity to the care and precision required for healthy yoga. In June, 1997, Ann participated in a 3 day workshop at the Galiano Island Studio of Margaret and Bruce Caruthers, Iyengar students, both in their seventies. From food, to nature, to poetry, to asana, this was her first experience of yoga as a whole way of life with beauty at its center. Back in South Bend, Ann and husband Charley began studying with Marcia Wenig, now of Yoga Kids, at a glassed in oval studio by the Saint Joe River. There it was completely quiet except for bird song and our laughter as we learned to bring lightness and humor to our practice. Teji Dilley and Kim Sellars helped Ann to build on her earlier practice, each in different, but complementary, ways. As a graduate of Kathleen Flanagan's RYT200 training 2005-2006, Ann learned to feel the pull of yoga both as a vast sea of knowledge and at the same time just as down to earth and sensible as planting spring seeds. In the fall of 2007 Ann completed an 80 hour workshop for yoga teachers with Suddha Weixler of the Chicago Yoga Center. There Ann was privileged to participate in extensive discussions of readings in Yogic philosophy by Swami Narayananda, Brian Dana Akers, Swami Prabhavanda and Srivatsa Ramaswami as well as to engage in practice and critique of teaching with other teachers. For the last two years Ann has been teaching yoga at the Near Northwest Neighborhood Center in South Bend.

**Kathleen Flanagan** (ERYT 500), CMT started teaching yoga at the age of 19 at her local YMCA in 1972. She completed the program at the Institute for Yoga Teacher Education in 1978 and left for India to study with B.K.S. Iyengar. She has also studied extensively with Ramanand Patel, Aadhil Palkhivala, Esther Myers, Mary Dunn, Rodney Yee and Ana Forrest, and most recently with H.S. Arun and Lois Steinberg. She is an experienced, registered professional yoga teacher with the Yoga Alliance and has been teaching Yoga Teacher Training with her school Yogamocean in Indiana and California for several years. Kathleen brings a wealth of knowledge and spirit to all of her teaching. She has been teaching yoga for over 35 years, is a graduate from the Iyengar Institute of San Francisco and was certified in Massage Therapy at the Chicago

School of Massage over 25 years ago. Kathleen shares her expertise of anatomy through her dynamic teaching.

**Debra Sheehan**, BS, MT, RCST has been in the field of massage therapy/somatic education for over 20 years. She has studied mind/body therapies with the Hakomi Institute and the Center for Self Leadership/Internal Family Systems and body of therapies of Orthobionomy, and Craniosacral work throughout the 20 years. For the past 6 years, she has studied with world-renowned teachers in pediatric, pre-and peri-natal birth psychology. Debra has studied with HeartMath Institute this past year and became a licensed provider teaching and coaching these concepts to individuals. Debra's passion and compassion for integrating all of one's self, and being led by one's authentic Self has led her to be on the teaching teams for Craniosacral work and the Matrix Leadership Institute.

Debra has been a student of yoga for most of these years which has helped her maintain her flexibility in both body and mind. She maintains a private practice in Osceola. She has been married to Timothy for over 34 years and has 2 daughters. Her favorite role in life is being Grandmother to 4 darling grandchildren ranging in ages from 0-7.

**Karen K. Sommers** (RYT 200) MS, is a visionary leader that has worked in the healthcare and wellness field for 20 years. She has developed and directed two healing centers, St. Joe's Healing Arts Center and Memorial's Center for Integrated Healing in the Michiana area. She has been a Vice President of marketing and business development as well as an oncology administrator. Karen started practicing yoga in 1996 and became a yoga teacher in 2002. Her training was with Kathleen Flanagan and Dancing Feet Yoga. In addition to her public yoga classes Karen started yoga for Cancer Survivors at Memorial Hospital in 2003 which continues today. She enjoys working with all levels of health, age and fitness. For awhile Karen had a half hour TV program titled "The Art of Healing" on WNIT/TV Channel 34. Each program contained interviews with area holistic health practitioners and ended with a yoga pose and its benefits.