**LAURIE JOHNSON GALLAGHER, E-RYT 500**

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**Teaching Philosophy:** I blend the ancient wisdom of yoga with mindful innovation to teach a yoga class that is both accessible to the general public and adaptable to the unique demands of our modern lifestyle. The heart of my teaching lies in helping others stretch their bodies and their lives to the healthiest and most balanced state possible.

**Work Experience:**

* Dragonfly Yoga + Wellness: July 2013 – Present

Yoga Instructor, Teacher Trainer

* Dragonfly Yoga + Wellness: July 2013 – December 2014

Founder, Co-owner, Yoga Instructor, Teacher Trainer

* Downtown Yoga: 2013

Yoga Instructor

* The Yoga Fusion: 2012 – 2013

Yoga Instructor

* Cosmic Dog Yoga: 2008 - 2013

Yoga Instructor, Teacher Trainer, Director of Teacher Training Program

* Crunch Fitness: 2011 – 2012

Yoga instructor

* Cosmic Dog Yoga: 2008 – 2011

Founder, Co-Owner, Yoga Instructor, Teacher Trainer

* The Yoga Company: 2003 – 2008

Yoga instructor

* Be Well Yoga: 2007

Yoga instructor, Employee Manager

* Yoga & Fitness Instructor: 2000 – 2007

Livermore Valley Tennis Club, LLESA at The Lawrence Livermore National Lab, Club Sport Pleasanton, 24-hour Fitness

* Fitness Instructor: 1998 – 2000

Women’s Fitness World and 24-Hour Fitness in San Diego. Also served as Group X Manager and Personal Trainer

**Current Certifications:**

* 200-hour Greenpath Yoga Certification, 200 E-RYT Yoga Alliance Certification, 2003
* 300-hour YogaWorks Professional Program Certification, 2013

**Continuing Education:**

* Extensive study with Clayton Horton, Rusty Wells, Laura Camp, Lakshmi Norwood, Mynx Inatsugu, Melanie Salvatore August, Maty Ezrati, Melanie Green, Annie Carpenter
* Continued education and training in workshops with: Sean Corne, Tias Little, Jason Crandell, Ana Forrest, Bryan Kest, Patricia Moore, Shiva Rea, Yoshi Yoshikawa, Ramana Erickson, Jack Kornfield, Byron Katie, Adyashanti, Ramana Erickson, Susan George.

**Past Certifications:**

* ACE Group Exercise, AFAA Personal Training, 24-Hour Fitness personal trainer, Turbo Kick-Box, Body Pump, Mat Science, and Precision Cycle