



## **Marianna Adams**

ERYT-200, RPNYT

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A graduate of Willow Street Yoga's teacher training program, Mary Barnes' "Yoga for Two" Prenatal and Postnatal teacher training, and Kripalu Yoga teacher training, I have taught prenatal, postnatal, yoga for labor and delivery, and regular Hatha yoga since 2000. I am registered with Yoga Alliance as E-RYT 200 and RPNYT (prenatal) and have studied with many senior teachers, including Betsey Downing, Todd Norian, Ann Greene, Moses Brown, Suzie Hurley, Maria Hamburger, and John Friend. I was recently accepted as an Associate member of the Kula Evolution, a collective of former Anusara certified and inspired teachers. I was also the co-founder/co-owner of the Capitol Hill Yoga studio in Washington, DC from 2003-2010.

I am the mother of two daughters and, during their infancy was a La Leche League leader, counseling mothers in the art of breastfeeding. I have two granddaughters and, in 2007, had the honor of being present for the birth of my first granddaughter.

### **Yoga Teaching Approach**

- In my regular Hatha classes I invite students to playfully connect to their innate strength and goodness.
- For expectant mothers, I focus on harnessing the inner strength and confidence to sweetly guide the mother along the journey to childbirth.
- For postnatal mothers I emphasize reclaiming core strength for an easeful lower back and relaxed neck and shoulders which makes for happier families.
- For couples in Labor & Delivery workshops, I seek to provide practical yoga-based techniques for birth partners to better assist the mother, as well as enhance the mother-father-infant bond.

### **Yoga Teaching Experience**

Over 1,300 hours of teaching experience since 2002:

- Pregnancy Yoga, 2012, Willow Street Yoga, Silver Spring, MD
- Post-Natal short course, Spring 2012, Willow Street Yoga, Silver Spring, MD
- Level 1 & Mixed Level Hatha Yoga Classes, 2002-2011, Capitol Hill Yoga, Washington, DC
- Prenatal Hatha Yoga Classes, 2002-2011, Capitol Hill Yoga, Washington, DC
- Labor & Delivery Partner Workshops, 2004-2011, Capitol Hill Yoga, Washington, DC
- Prenatal & Level 1 Classes, 2001-2003, Dancing Heart Yoga, Washington, DC

### **Yoga Teacher Training**

Over 400 hours in accredited yoga teacher training programs:

- Willow Street Yoga Teacher Training Graduate (Anusara style), 2011
- Kripalu Yoga Teacher Training Graduate, 2002

### **Continuing Yoga Teacher Training**

Over 300 hours of study in additional teacher training workshops with master teachers from 2003 to present, such as:

- Yoga Teachers Gathering: Refining the Art of Teaching with Todd Norian, Ann Greene, and Betsey Downing. 32 hours, 2012
- Anusara Teaching with Hands-on Assists with Todd Norian, 8 hours, 2011
- 90 Minutes to Change the World with Amy Ippoliti, online course, 8 hours; Art of Private Yoga Teaching online course, 1.5 hours, 2011-2012
- Anusara Teacher Intensive with John Friend, 18 hours, 2011
- Yoga for Two: Pre & Post-natal Teacher Training (Anusara –style) with Mary Barnes, 54 hours, 2004 & 2005
- Anusara Yoga Teacher Training: Sequencing with Betsey Downing, 33 hours, 2004
- Anusara Yoga Teacher Training: The Art of Teaching Beginners with Betsey Downing, 12 hours, 2003
- Anusara Yoga Teacher Training with Betsey Downing, 33 hours, 2003

### **Continuing Education for Personal Yoga Expertise**

I continue study to further my personal practice. In addition to regular yoga classes, I have over 400 hours in special workshops in yoga asana, therapeutics, meditation, and philosophy with master teachers Betsey Downing, Paul Muller Ortega, Desiree Rumbaugh, Judith Lasater, Jenny Otto, Ross Rayburn, Douglas Brooks, Sally Kempton, Doug Keller, and John Friend. I also have current certification in CPR.

### **Other Education**

- Doctor of Education, Education Policy Studies, George Washington University, Washington, D.C., 1999
- Master of Arts, Art Education/Arts Administration, University of South Florida, Tampa, Florida, 1983
- Bachelor of Arts, Literature and Fine Arts, Mercer University, Macon, Georgia, 1970

### **Other Teaching & Professional Experience**

I have been a teacher of something most of my life. As a young teenager I cleared our family room of furniture to offer dance classes to pre-school children. In high school and college I worked for a Head Start program and was a camp counselor and assistant art teacher. I have taught grades 1-12 in special education, art, social studies, and English literature and served as head of education for several art museums, managing and implementing programs and experiences for a variety of audiences.

In addition to teaching yoga, I am currently the president of a company I founded, Audience Focus Inc., providing evaluation, interpretive planning, and professional development services for museums, cultural organizations, and other informal learning environments, to assist them in developing creative, unique, and life-enriching experiences for diverse audiences. I also teach graduate level classes in museum evaluation for several universities in the US.

