

# Kate Forest

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**Objective** To share my teachings of mindful living, stress management, and life balance

**Experience** 2006 – Present Life Wellness Connection Wilbraham, MA  
**Founder and Director**

- Consultant and Trainer
- Develop and deliver courses based on Mindful Living, Stress Management and the teachings of Yoga
- Registered with the National Yoga Alliance as an Advanced Level Yoga Instructor

2003–2008 Bliss Yoga Center Wilbraham, MA  
**Owner**

- Director of the daily operations
- Taught eight to twelve yoga classes weekly
- Originator of Self Care Yoga
- Developed a Yoga Teacher Training Mentoring Program
- Developed On-Site Corporate Yoga Program
- Program Director and Chief Greeter, Wilbraham Chamber of Commerce Board of Directors

2000–2003 Forest Yoga Wilbraham, MA  
**Yoga Instructor**

- Taught at various locations while building clientele to the point of opening Bliss Yoga Center

**Education** June 2001 - July 2003 Svaroopaa Yoga Training Centers LaJolla, CA and DE  
• Yoga Teacher Training - 800 Hours- Advanced Level Certification

June 2000 – Oct.2000 Heartsong Yoga Center East Longmeadow, MA  
• Yoga Teacher Training - 200 Hour - Atma Yoga Level 1 Certification

**Additional  
Training**

- |               |   |                 |
|---------------|---|-----------------|
| April 2006    | Performance Solutions                         | Web Based       |
| •             | Train-The-Trainer Certification Course        |                 |
| December 2005 | Coaches Training Institute                    | Providence, RI  |
| •             | Fundamentals of Co-Active Coaching Course     |                 |
| October 2004  | Kripalu Center for Yoga and Health            | Lenox, MA       |
| •             | Creating Powerful Experiential Workshops      |                 |
| October 2003  | Kripalu Center for Yoga and Health            | Lenox, MA       |
| •             | Kripalu Program Assistant Training Workshop   |                 |
| November 2002 | UMASS Medical Center                          | Worcester, MA   |
| •             | UMASS Medical Center Stress Management Course |                 |
| April 2001    | Kripalu Center for Yoga and Health            | Lenox, MA       |
| •             | Yoga Business Skills Course                   |                 |
| October 1997  | Cooley Dickinson Hospital                     | Northampton, MA |
| •             | CPR Instructor Training Course                |                 |