



SERENA BROMMEL

YOGA TEACHER

PROFILE

I am a yoga teacher and yoga therapist-in-training. I wholeheartedly believe that a consistent, passionate, mindful yoga practice has the power to transform lives.

CONTACT

www.serena-brommel.com

serenabrommel@gmail.com | 630-926-2801

YOGA TRAINING

- 2012** **Moksha Yoga Center Chicago**
200-hour Yoga Teacher Training
Over 800 hours of training completed
- 2014-2016** **American Viniyoga Institute**
500-hour Yoga Teacher Training with Gary Kraftsow. Completed Foundations for Yoga Therapy coursework.
- 2015** **Conscious Business Design**
with Racheal Cook, Yogipreneur
- 2016** **The Science of the Private Lesson**
with Francesca Cervero
- 2016** **Yoga to Transform Trauma Intensive Teacher Training** with Catherine Ashton
Learned to facilitate trauma-sensitive yoga classes.
- 2016** **Advanced Anatomy Training**
with Leslie Kaminoff
Nine-month anatomy course specialized for yoga teachers

EMPLOYMENT

- 2015-present** **Room to Breathe at the Center for Behavioral Medicine**
Studio Manager and Head Yoga Teacher
- 2014-2016** **Alie McManus Yoga**
Marketing and Business Manager
- 2012-present** **Serena Brommel Yoga**
Public yoga classes, specialized workshops, and customized individual sessions
- 2011-2013** **Moksha Yoga Center Chicago**
Workshop Manager
- 2010-present** **Freelance Writer and Editor**
- 2003-2010** **Northwestern University Press**
Senior Project Editor

ACADEMIC

- 2004** Bachelor's Degree from Northwestern University