

Deb Kurilla

www.debkurilla.com



Profile

Skilled at interpreting yoga to all levels of students, beginners to advanced, including those in chronic pain, injured or physically challenged. Committed to bringing yoga trainings out of the studio and into the health care industry. Yoga and Meditation practitioner since 1991. Studio owner for 10 years. First certification in 1999. Licensed Anusara Inspired Teacher since 2005 www.anusara.com.

Experience

CO-CREATOR, THE CIRCLE, NEW HOPE, PA JUNE 2011 - PRESENT

An intimate gathering of like minded souls to explore the wisdom of the heart and the depths of the soul and bring the experience back to our everyday lives. Monthly salons.

DIRECTOR/TEACHER, SHAKTIBODY YOGA TEACHER TRAINING , MAPLEWOOD SEPT 2009 - PRESENT

I direct and co-teach a 10 week Yoga Immersion plus Yoga Teacher Training. The program teaches an alignment based yoga based in an uplifting, life affirming philosophy. The Training produces confident and compassionate teachers. We teach at the VA in East Orange. We developed a yoga immersion and teacher training program for geared toward veterans and their unique needs.

YOGA TEACHER YOGAPHORIA, NEW HOPE, PA APRIL 2010 - PRESENT

Teacher and joint faculty member for Yogaphoria's Teacher Training and Wellness program (modeled on Donna Karan's Urban Zen program) which was co-produced with a group of nationally recognized teachers in different healing modalities including; sound healing, essential oils, chakra study, adapted yoga for special populations, reiki and more.

STUDIO OWNER BODY OF LIGHT JANUARY 2000 - JULY 2009

Director/owner of **Body of Light** yoga studio in Millburn, NJ. Managed all aspects of a yoga studio including day-to-day operations, weekly and monthly scheduling of classes and events, community outreach, charitable fund-raisers, marketing and maintaining a

creative safe inspiring environment. Body of Light was named *“one of the top traditional yoga studios in New Jersey”* by New Jersey Life in March 2006.

**YOGA AND MEDITATION TEACHER - WINCHESTER GARDENS MAPLEWOOD, NJ
2002 - PRESENT**

Developed a creative, vibrant, therapeutic chair yoga class as well as accessible meditation classes for seniors. In the process of writing a book with a DVD titled “The Seated Warriors of Winchester Gardens.”

CO FOUNDER, PROGRAMS DIRECTOR HWPN 2004-2007

Health and Wellness Professional Network , HWPN, is a non-profit organization for self-employed Integrative Health professionals. Its goal is to create a community for education and collaboration.

MEDITATION TEACHER - 1993- PRESENT

Developed a Woman’s Meditation Circle, Volunteered to teach staff at a woman’s shelter in NYC, I teach accessible Meditation Workshops and Series: Stepping into the Waves of Grace. Partner teaching a year long meditation series on abundance and prosperity at the Bank of Princeton in Lambertville, NJ.

FROM SALES TO STORE MANAGER TO REGIONAL MANAGER, 1979-1994

I oversaw over 30 retail store openings, including the hiring and training of managers and their staff, overall sales, budgets, merchandising, operations, marketing and community outreach with companies that include Barnes and Noble, Banana Republic, Smith & Hawkin, David’s Bridal and more.

My first job was in sales for my Dad. I traveled the country, set up booths and sold our products at trade shows. My parents taught me the value of honesty and integrity and sales as service.

Education

Indiana University of Pennsylvania, BA French Minor in Marketing 1977

Lanadmark Education - 1991-1996. Consistent course participant led to coaching in the SELP (Self Expression and Leadership) programs, on staff for the Wisdom and Communication courses.

A series of events let me to meeting Gurumayi of Siddha Yoga, Mother Meera and then Ammachi in 1993/1994. I continue to be a devoted student of their grace and teachings.

300 hour Teacher Training 1999 - Energy Center, Summit, NJ Kripalu style yoga
www.kripalu.org

Anusara Yoga - 2002 - present www.anusara.com

1200 hours dedicated to the study of Anusara Yoga including public classes, workshops and teacher trainings with John Friend and many of his senior teachers. Licensed Anusara teacher since 2005. NOTE: 200 hours were based in **Therapeutic Yoga**.

Other Yoga Teacher Training programs have been with Erich Schiffman 2000, Rodney Yee 2001, Maty Ezraty 2002, Seanne Corn 2010, Anodea Judith (chakras) 2010 and Matthew Sanford 2011 Adaptive Yoga.

Skills

Ability to create a safe, fun and meaningful environment for the practice and study of yoga and meditation. Strong visionary and leadership skills as it relates to managing a business, creating and executing a programs or leading a class.