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## Introduction

I am a professional, well-seasoned yoga therapist and teacher with nearly 15 years experience teaching group classes, workshops and programs. Additionally, I have been training and educating yoga teachers for over eight years. My experience in the field of yoga therapy, coupled with the years of practical and professional experience in project development, team management, and training curriculum development and delivery provide me a solid and well-rounded breadth of experience that is not often found coupled together.

In 2005 I became a certified yoga teacher, inspired by the therapeutic qualities of yoga and the healing benefits I gained as a yoga practitioner. At that time I had been practicing yoga for nearly eight years and saw my teacher training program as a way to learn more about the deep and intrinsic history and powerful techniques that have been practiced for thousands of years. Before my training program was even complete I began teaching several classes per week, juggling my passion for sharing the practice of yoga with my full-time, highly demanding day job. Feeling called to learn and immerse more into yoga, soon after I graduated my teacher training program I left my 15-year corporate career to pursue further education and a new profession in yoga and healing arts.

Today my work as a yoga therapist integrates yoga practices and philosophies in the areas of biomedical science and psycho-emotional health. The goal of my work is to help empower people to recognize and shift patterns that can lead to imbalance and dysfunction, whether the imbalance manifests physically, psychologically or emotionally. Typical classes and sessions includes areas of focus such as:

- Observing and understanding musculoskeletal imbalances and habitual movement patterns using both yoga postures and musculoskeletal assessment tests;
- Applying various aspects of Western medical science such as understanding common medical conditions, precautions, contraindications and adaptations for common diseases and dysfunctions to safely and accurately work with clients and students;
- Utilizing common understandings of psycho-emotional well-being and prevalent mental conditions (anxiety, stress, depression, trauma, PTSD), including how to apply yoga techniques for mental clarity and greater sense of well-being and/or safety;
- Integrating asana (yoga postures), pranayama (breath techniques) and meditation into the treatment of musculoskeletal, medical and psychological conditions.

Current and registered member of the International Association of Yoga Therapists and the Yoga Alliance.

**Yoga Therapy Experience:  
Individual Private Clients**  
(in person + virtual)

2011 - Present

Integrate yoga teachings and methodologies with traditional medical knowledge for individuals based on their conditions, abilities and goals. Clients are given a home care plan following each session. Yoga therapy experience with focus on:

- Next-step recovery, pain management and healing following surgery for rotator cuff surgeries, hip replacement, knee replacement, spinal fusion;
- Complementary and next-step care following physical therapy for various conditions such as piriformis syndrome, sciatica, scoliosis, spinal stenosis, spondylolisthesis, impingement, frozen shoulder;
- Complementary care for those diagnosed with fibromyalgia, cancer, Alzheimer's Disease, Parkinson's Disease;
- Complementary modality for psycho-emotional well-being for people with trauma, anxiety, depression.

**Group Classes (Current)**  
(in person + virtual)

**Therapeutic Yoga Class** - 2010 to present

Weekly 75-minute therapeutic class that averages 8-15 students, most generally with low back conditions, hip dysfunction and shoulder/neck conditions. Over half of the students have experiences of chronic pain conditions and many have additional diagnosis (such as Parkinson's Disease, fibromyalgia, traumatic brain injury, etc).

**Gentle Therapeutic Yoga Class** - 2011 to present

Weekly one hour therapeutic class that averages 25-30 students, most generally with shoulder and low back conditions, age-related imbalances and conditions. A smaller percentage have diagnosis such as cancer, fibromyalgia, osteoporosis, osteoarthritis. Focus is nervous system, stability, strength and range of motion.

**Hot Vinyasa (Flow) Yoga** - 2011 to 2020

Weekly one hour vinyasa flow class that is taught to multiple levels of yoga practitioners. Cueing and sequencing is designed to stabilize the joints, strengthen muscles, create greater range of motion and build greater connection to the breath.

**Yoga Therapy Experience:  
Yoga Education  
& Training**

**Director & Mentor, Yoga Therapy Internship Program**

(2011 - present)

Created, implemented, and led 75 hour Yoga Therapy Teacher internship program. Mentored interns on yoga therapy best practices, techniques (evaluation/assessment skills, class design and sequencing) and their application to various physical and psycho-emotional conditions. Program changed to one-on-one mentoring in 2020.

**Educator, Experiential Anatomy & Functional Movement**

(2011 - present)

Use lecture, experiential movement, presentations, handouts and group activities to explore muscles, joints, nervous system and their application to movement, yoga and working with common musculoskeletal conditions. Teach musculoskeletal assessments, common stresses and injuries, how to apply asana therapeutically for specific injuries, as well as adaptations and working with chronic pain. Three content courses comprise program: (1) Upper Extremity; (2) Lower Extremity; (3) Spine, Breath and Bandhas.

**Director, Seeds of Change: Yoga for Behavior & Transformation**

(2011 - present)

Developed and lead three day program that applies teachings of yoga to fundamentals of behavior science and life coaching change models. Program uses yoga philosophy, various practices and coaching dialogue techniques as agents for exploring behavior and inspiring change.

**Director, The he(ART) of Assisting**

(2011 - present)

Developed and lead three day program that teaches about the ethics, safety, and boundaries of touch and assisting. Program curriculum includes the mechanics of assisting, how to safely work with and maneuver various bodies, basic Thai stretches, and various types of assists including no-hands support (other ways to assist students). Class includes special addition of assisting in a non-hands-on world to accommodate online teaching and in-person classes during the pandemic.

**Director, CIYS 200-hour Therapeutic & Meditative Yoga Teacher Training Program**

(2014 - 2018)

Co-developed and lead 200-hour teacher training that explores asana, pranayama, meditation, philosophy and therapeutic applications and benefits of yoga. Program curriculum takes a multidimensional view of yoga and yoga's integration into current scientific and biomedical concepts. Administer the business aspects of the program (scheduling, studio contract, marketing, enrollment, program materials).

**Co-Director, Pranakriya 200-hour Yoga Teacher Training Program**

(2012 - 2016)

Co-lead 200-hour teacher training that explores asana, pranayama, meditation, philosophy of Tantra Hatha Yoga. Components of training include leading/teaching asana, leading/teaching pranayama, opening/closing classes, sequencing, anatomy, philosophy, ethics, and business of yoga.

## Certifications & Education

### **Certified Yoga Therapist, IAYT (C-IAYT)**

International Association of Yoga Therapists (2016)

### **Pranakriya Yoga Therapist**

Pranakriya School of Yoga Healing Arts (2011)

### **Kripalu Yoga Teacher**

Kripalu Center for Yoga & Health (2005)

### **Thai Yoga Practitioner**

Ritam Healing Arts (50 hours; 2011)

Pranakriya School of Yoga Healing Arts (200 hours; 2011)

### **Certified Personal Trainer**

Athletics & Fitness Association of America (2007)

### **Certified Empowerment Coach**

Institute for Professional Empowerment Coaching (2004)

International Coach Federation, ACC Conferred (2005)

### **CPR Certified (AHA)**

## Publications & Research

### **Publications & Research**

YogaMate ([www.yogamate.org](http://www.yogamate.org))

Featured Teacher for Fibromyalgia (on-going)

*Yoga & Fibromyalgia: Therapeutic Applications for Pain* (2016)

Yoga plan of care for fibromyalgia and polymyalgia (2017)

Yoga Therapy Today Magazine

Spring 2017

*Body Image & Self Transformation: Patanjali's Sutras as Underpinnings for Change*

Elephant Journal ([www.elephantjournal.com](http://www.elephantjournal.com))

2/20/2105

*How Yoga Transformed Me from the Inside Out*

## Conference Presentations

### **Professional Conferences**

Dirty South Yoga Festival

2016: Breath of Life (Pranayama as a practice for physical stability, openness and improved well-being)

Southeast Yoga Conference

2012: Ball & Socket Joints

2013: Shoulder Injuries & Health

2014: Living Yoga: Philosophies & Practices for Current Day Life