

Carla Nomaiia RYT

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**Certified in Kripalu Yoga, Registered with National Yoga Alliance,
Member of International Association of Yoga Therapists, 15 Years of Yoga Practice,
Certified level 3 (highest level) of Emotional Growth Education from TIEGE, 25 Years of Dance Practi**

EXPERIENCE

2004-present Nomaiia Arts LLC Beaverton, OR *Founder, Yoga Therapist, Dance Instructor, Teacher Training Educator*
Created private practice serving clients through individual Yoga Therapy sessions.

Established successful internet presence with over 2000 subscribers receiving regular tips about living an inspired life

Taught local children about fine art & art history through hands on outdoor activities and dance.

Co-choreographed over 20 people (including live musicians) “river of light dance” about Earth changes.

Consultant for owner of local Yoga Studio & East Coast Clients advising about business development & teaching techniques.

Creator/Teacher of Emotional Growth workshops for Health in Motion Inc.

Yoga Teacher Trainer leading trainings re: “Therapeutic Relationship” & “Emotional Growth” for Parusha Yoga School

Dance/Yoga intensive leader for Mount Bachelor Academy creating performances for parent seminar presentations.

2006-2007 Neobean LLC Beaverton OR *Founder & Yoga Therapist*

Co-created program for singles, couples and small families with children who are in recovery & in need of clean/sober living.

Created structure for a wellness program to serve members of the houses with wellness services.

Managed issues that arose with members and served as a liaison with social workers, POs & counselors.

Provided Group Yoga sessions to women in poverty and recovery.

2004 Nomaiia Yoga DVD Beaverton, OR *Choreographer & Guide*

Featured in 2 Yoga DVDs including demonstration & guidance through Asanas, Pranayama & relaxation

2003-2004 Oswego Pointe Lake Oswego, OR *Soothing & Dynamic Yoga Instructor*

Taught weekly classes to community

Provided private instruction for people with special needs & interests

2003 Body Moves Portland, OR *Yoga Instructor mixed level class*

Taught mixed level class with special focus on holding postures & pranayama

2001-2002 Contact Improvisation Jam Hanover, NH *Mentor & Teaching Assistant*

Consulted jam facilitator concerning teaching techniques & agendas.

Guided students in exploring Contact technique & self-expression.

Summer 2002 Mount Bachelor Academy Central, OR *Artist in Residence*

Instructed 10 high school students in Ballet & Modern dance intensive.

Facilitated collaborative choreography process.

Choreographed & Directed final integrated arts performance.

2001-2002 Thetford Hill and Light Gate Center Thetford, VT *Yoga & Dance Instructor*

Taught both soothing & dynamic Yoga classes & private lessons.

Introduced local preschool to dance & Yoga activities for children.

Guided people in developing their own daily Asana practice.

2000-2001 Newport Yoga Newport, VT *Yoga Instructor*

Taught “heart centered yoga” focused on personal growth through releasing muscle tension

1998-2001 King George School, Asclepian Retreat & Education Center Northern, VT Cofounder & Teacher

Designed new dance studio & dance department curriculum.

Choreographed & directed biannual multi media performances.

Taught Yoga, dance & mind body awareness workshops.

Performed for several dedication events.

1998 Lori Belilove & Co. NYC Assistant

Assisted in performance preparation

Performed office duties, created displays & managed sales of Duncan materials

Studied the workings of the dance education & production process.

1996-1998 Marlboro College Marlboro, VT Dancer & Choreographer

Created 10 plus original works for biannual dance performances

Choreographed movement sequences for theater productions

1993-1996 Ubiquitous Dance Company Central, OR Founder & Director

Managed 14-member company.

Choreographed performances touring throughout Oregon.

Taught master classes with guest directors.

Created fund raising performances.

Held regular auditions & company classes.

Performed solos & in group pieces.

1992-1996 Terpsichorean School of Dance, Deschutes Dance School, Mt. Bachelor Academy Central, OR Dance Teacher

Taught Ballet, Modern, Jazz, creative movement, & dance history to the following age groups: 5-7, 9-12, & 13-16.

1990 Star Scene Competition Los Angeles, CA Second Place Winner

Choreographed & performed modern ballet duet.

1989-1991 Joffrey Ballet Company Los Angeles, CA Dancer

Performed *The Nutcracker* three consecutive seasons, including solo for final season.

EDUCATION and TRAINING

3 yrs *Arts in Education, & Body-Mind Techniques* TIEGE. North East Kingdom, VT.

1 yr *Graham Technique*, Graham School, NYC.

1 yr *Duncan Technique*, Duncan School, NYC

2-months *Yantra Yoga* intensive, The Hermitage, Boothbay, ME.

1 year *Kripalu Yoga* teacher training, Kripalu Center, Lenox, MA

5 yrs *Contact Improvisation*, various workshops, jams & classes, Boston & North Hampton, MA

2 yrs *Dance History, Choreography, Modern, & Ballet classes*, Marlboro College, Southern, VT.

4 months *Modern, Choreography, Improvisation, & Music Composition classes*, Bennington College, Bennington, VT.

2-months *Russian Ballet* intensive, Kirov Ballet, St. Petersburg, Russia

8 yrs *American & Russian Ballet*, Central Oregon School of Ballet, Bend, OR

6 yrs *Modern & Jazz*, Bob Banas Dance, Studio City, CA

14 yrs *Classical Ballet, Character, Anatomy & Physiology*, Meredith Bayliss American Dance Institute, Studio City, CA