

Dr. Helaine Sheias ~ RYT, CGF

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Who is helaine?

I am a Hatha Yoga, Vinyasa Flow and Yoga Fusion teacher. I teach in Sonoma County @ ClubOne in Petaluma www.ClubOne.com and @ PVAC – Petaluma Valley Athletic Club, www.pvac.com. I also teach @ SYMA in Penngrove - www.SonomaYogaMartialArts.com

- I incorporate eco-yogahealing techniques as a yoga therapy practitioner with individuals and small groups in order to release emotional, physical, and energetic wounding, trauma and stress.
- I also offer a variety of eco-spiritual workshops and yoga healing seminars in Northern California and in Israel.
- I am the creator of Eco-YogaHealing: an eco-spiritual approach to Yoga which focuses on bringing balance, harmony and flow – internally and externally to ourselves and our environment. Eco-YogaHealing helps establish a strong union of mind-body-spirit with the four elements of Mother Earth – fire, earth, air and water, the four directions and the four seasons. Focusing on each element, direction and season, Eco-YogaHealing integrates various *asanas* into our Yoga practice, which help heal the undernourished areas in our body that have been affected most by environmental toxins, work-related stress, and anxiety.

Eco-YogaHealing invites us to connect and interact with Mother Earth's energies so that we may enhance and enrich all aspects of our **LIFE**:
Light & Love,
Inspiration & Innovation,
Freedom & Fruition,
Empowerment & Enjoyment

- I am an avid eco-feminist and Yoga practitioner and pious believer in the “My body is my Temple” philosophy. A certified international group facilitator and

eco-spiritual counselor I have formed The Tree of LIFE YogaHealing Seminars, which integrate The Eight Limbs of Yoga Philosophy with Pranayama & Meditation, Kabbalah teachings & Chakra energy work all combined together as an interwoven tapestry of spiritual, ecological and physical qualities of traditional yoga teachings.

Yoga Training:

- I have completed 350 hours of yoga teacher training with Suzanne Cardinal, ERYT-500 at Into this World Yoga Teacher Training, and am registered with the Yoga Alliance.
- I have embarked upon Advanced Yoga Teacher Training (RYT-500) and am enrolled in the following advanced seminars and workshops this summer with Suzanne Cardinal, ERYT-500:
 - Restorative Yoga (10 hours)
 - Yoga and Meditation teaching (10 hours)
 - Yama and Niyama – on and off the mat (10 hours)
 - Areyvada and Yoga (4 hours)
 - Advanced Standing Postures (10 hours)
 - The Art of Assisting for Yoga Teachers (9 hours)
 - Energy Anatomy: Chakras and Nadis (4 hours)

Additional Certifications:

- Integrative Breathwork Therapy, Levels I, II, III, & Masters Program with Carol Lampman/Integration Concepts, 2007;
- Socially Engaged Spirituality Certificate Program, Saybrook Graduate School, San Francisco, 2003;
- 2-year Certification for International Group Facilitators (cooperative learning approach), Tzipori Learning Center, Jerusalem, 2003

Academic Scholarly Qualification:

- Ph.D., Human Sciences, Saybrook Graduate School and Research Center, San Francisco, 2005. Doctoral studies in human sciences with concentration in consciousness and spirituality. Dissertation titled *Marginality and the Spurious: Emergent Acculturation Processes of Oleem Hadasheem (New Immigrants) within Dominant Sabra (Native Israeli) Discourse*. Recipient, Gerald Bush Scholarship Award for excellence in academic achievement, 2003-2004
- M.A., Special Education in Early Childhood Development, Vermont College of Norwich University, Northfield, Vermont, 1997. *Experiential Learning Houses and their Surrounding: Creating a Multi-age Developmental Learning Model for the Early Childhood Educational System*.

- B.A., Psychology/Sociology/Criminology (integrative degree), Bar Ilan University, Faculty of Humanities, Ramat-Gan, Israel, 1986.

Counseling Experience:

- *Life Empowerment Action Program (LEAP), Sebastopol, CA, Ex-Director, 2006-Present* - Currently co-facilitator of the LEAP foundation course. Position involves co-leading group sessions of integrative, heart-centered breathwork, psychodramas, cooperative inquiry, and experiential group learning. The foundation course consists of five intensive weekend retreats over a period of six months in which a group of people comes together to heal and transform.
- *Private Practice, Sebastopol, Ca. Eco- Spiritual Counselor & Yoga therapy practitioner, 2007 – present.* I began my private practice after completing the certificate program in Socially Engaged Spirituality at Saybrook Graduate School and Research Institute with the goal of providing a transdisciplinary approach to counseling that revolves around eco-therapy, spiritual midwifing, transpersonal psychology, and ethno-autobiographical inquiry. Using the eight limbs of yoga as the philosophical foundation of my private practice I now encourage and facilitate journeys of enrichment and empowerment to individuals that lead to dramatic changes in their quality of life, transformational journeying, holistic healthiness and well-being.

Yoga Teaching Experience:

- *PVAC – Petaluma Valley Athletic Club – June 2008 - present* I teach two weekly Hatha Yoga classes to the PVAC members
- *Zenergy Yoga Studio, Petaluma – March 2008 – present* I teach three weekly YogaMotion lunch classes, a 90 minute morning HathaFlow class, as well as monthly Eco-YogaHealing workshops
- *SYMA – Yoga and Martial Arts in Penngrove – August 2009 – present.* I teach two weekly early morning 75 minute Samyak yoga classes. **Samyak Yoga** is a gentle flowing style that uses asana practice to enhance a synergistic suppleness of the mind, body and spirit by cultivating true equanimity (samyak) and unraveling the causes of pain and suffering.
- *ClubOne – Petaluma – October 2009 – present.* I teach a lunch yoga flow class and a an evening gentle yoga class at the Club. These classes incorporate

pranayama, asanas and meditation as a tool for releasing stress and tension , as well as building a stronger foundation for individuals' bodily intelligence and balance to grow on.

- *5th Ave Gym – Santa Rosa – September 2009 – present.* I began teaching at 5th Ave as a sub. I am now teaching the Saturday and Sunday morning (90 min) yoga classes to the gym's members. These are a combination of vinyasa flow, hatha and restorative classes in which the participants receive a complete mind-body-spirit yoga infusion.
- *LEAP- Life Empowerment Action Programs, Woodacre , CA - January 2007 – present.* Each *LEAP* workshop incorporates group yoga sessions/classes, as well as individual yogatherapy counseling.
- *Yoga Therapy 1-1 Sessions – January 2009 – present.* I invite individuals to release emotional, physical and energetic stress and tension using yoga, breathing and meditation techniques in a safe and sacred healing cauldron.

Testimonials:

- ❖ *However I feel when I step on the mat at Helaine's classes, overwhelmed, run down or bummed, by the end I feel like a new and improved woman. She is positive, inspiring, educational, encouraging and life-affirming. I am truly grateful to have her as my instructor.*
A. - Entrepreneur and Mom
- ❖ *Helaine is a powerhouse spiritual Yoga instructor that connects the wonderful history and discipline of the ancient yogi tradition with our connection to the earth, our bodies and ourselves. She is a wealth of knowledge and such a pleasure to be taught by. Her energy, humor, kindness, devotion, eco-spirituality and FUN makes a yoga class with her a memorable experience and a deepened journey into our spirituality.*
M. - Eco-Activist and Agent of Change
- ❖ *"Helaine, everyone in the world should have the opportunity to experience, even if for just a fractional moment in time, the gift that you bring to your yoga teachings. Fusing mind, body, and spirit, you have awakened me to the precious gifts of honoring the voice that is within me and expressing my spirit through gentle and balanced movement and breath. Thank you!*
D. - Human Resources Consultant
- ❖ *Helaine has a gift for tuning in to each student to determine exactly where you are that day and what you need, both physically and emotionally, from your yoga practice. She has truly opened up my awareness of what my body can do and how strong I am. Helaine's classes are always a playful, challenging growing experience, and my husband and I have each matured as yogis from being her students. We are so grateful to have crossed paths with our wise and caring guide.*
J.- Psychologist

A Few Final Words from Helaine:

We are all spiritual beings in a physical body. Our body is the temple of our soul; our soul is a reflection of the Divine, We yearn to achieve freedom from pain and suffering, and craving, as we passionately desire to experience permanent happiness and joy. Genuine Truth and happiness are within us, and are not found in the external materialistic world. Truth, love and happiness are inside our soul. Namaste...

The Magic of it All ~

*Now that the fog has cleared
I am able to see things differently,
in a light, brighter and shinier than ever before.*

*You have taught me the wisdom of beauty and the realms of worthiness.
You have shown me the path to revelation, each day anew,
as I awaken to a new dawn.*

*I embrace the splendor you have bestowed upon me.
Timidly, I begin to touch upon its valor and strength,
while the fear that it may dissolve momentarily before my very eyes grows stronger.*

*There lays a sanctity of sorts in our bonding, in the interconnectedness we share between
soul and spirit,
water and air,
earth and fire.*

*I struggle to find the words in which to express my thoughts, my feelings,
my sensations.
Yet, it is my body which assures me that this is real,
for it is she
who has been genuinely touched
by the magic of it all.*

helaine tejashri sheias, 2005

