



SEATTLE YOGA ARTS

Year-Long 300-hour Faculty Bios

Ellen Boyle, MFA, E-RYT500, YACEP, Certified Ayurvedic Wellness Counselor, Creator of Year-Long 300-hour TT and Lead Trainer

My heartfelt intention in any space I teach is that everyone feels welcome, supported and safe to be themselves and to meet themselves with a soft kindness that begins the deep work and healing of yoga. I am deeply inspired by the Anusara method and use those alignment principles to guide my students into being fully present, embodying healthy alignment and a balance of strength and ease. Each class offers a lesson from the wisdom teachings of yoga, Ayurveda or mindfulness to open the heart and inspire an open-mind realizing who we really are: a radiant being halfway between heaven and earth. With lots of compassion and definitely some humor, we practice and grow together.

A lifelong student of life of what it is to be a human, I completed my BFA in Musical Theater and Dance and my MFA in Acting pursuing a career as a professional actor for many years in Chicago and Seattle. I have had the honor of teaching at Cornish College of the Arts since 1997 where I am currently a

Professor of Theater teaching Physical Technique, Yoga and a course I created called Living Mindfully.

In 2002 I completed my first of 3 teacher trainings and began teaching right away. In 2007 I completed my 300-hour advanced teacher training in the therapeutic Vini Yoga method so that I can teach people of all capacities.

In 2015 I became certified as an Ayurvedic Wellness Counselor to deepen my understanding of how this sister science of yoga promotes a healthy lifestyle and vibrant health.

In 2018 I launched the Living Yoga course at Seattle Yoga Arts for anyone who wants to dive more deeply into the practices of yoga, Ayurveda and mindfulness to more fully awaken, uplevel their health and grow in a like-minded and nurturing community of seekers.

I am profoundly grateful to all of my teachers: Kathleen Hunt, Gary Kraftsow, Robin Rothenberg, Christina Sell, Donna Farhi, Sonya Nelson, Vaidya Jayarajan Kodikannath and all the faculty at Kerala Ayurveda Academy. I am deeply committed to sharing the wisdom of yoga, Ayurveda and mindfulness while living my life in a way that inspires and promotes personal and planetary healing. I love the Earth and all of her creatures. Om Shanti, Shanti, Shanti. yogiblossom.com / ellen@yogiblossom.com

Danny Arguetty

I'm Danny Arguetty, M.A., E-RYT 500, and the Mindfulness Manager at the University of Washington in Seattle. I am a yoga teacher trainer, mindfulness and wellbeing educator, and care deeply about sustainability and the future health of our planet.

One of my passions is writing and I have had the privilege to author two books: *Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga* and *The 6 Qualities of Consciousness: Practical Insights from the Tantric Tradition of Yoga*.

I am also passionate about supporting people and organizations to flourish through science-backed mindfulness, wellness, and leadership education. I feel blessed to have been mentored and been given opportunities to hone my

skills in group facilitation, one-on-one coaching, curriculum development, and experiential teaching over the last 15 years.

It has been an honor to facilitate workshops and trainings throughout the United States and India, at [Kripalu Center for Yoga & Health](#), and to teach an intro to yoga and wellness course as adjunct faculty at Williams College.

While living in Seattle I am delighted to have had a chance to present on mindfulness and wellbeing at Facebook, Olson Kundig, Seattle Children's, Mindfulness & Compassion @ Work Summit, Gravity Payments, University of Washington Foster School of Business, School of Medicine, School of Social Work, and The Whole U. You can contact me at www.dannyarguetty.com

Laura Prudhomme and Erin Beattie

Laura and Beattie emerged as a collaborative force in 2010 with the desire to create a practice that celebrates the beauty and vastness of movement supported by the art of touch. Laura has taught dance, yoga, and integrative movement for 16 years. Her intention as a teacher is to engage students in a practice that invites curiosity, listening and deep sensorial learning. Beattie is a licensed massage therapist, certified Hellerwork practitioner and yoga teacher. Beattie's goal is to facilitate connection to self, with physical and emotional integrity through heart-centered teamwork. Laura and Beattie's shared energy and vision provide an integrated experience that promotes empowerment and agency to meet your individual needs.

Robin Rothenberg, C-IAYT

Robin has been training yoga teachers and yoga therapists to become more highly skilled in their application of therapeutic yoga for over 20 years. She is the director of Essential Yoga Therapy and IAYT-Accredited Training Program. Robin has been cited in numerous publications for her involvement in yoga research, particularly for her work with low back pain. She is the author of the Essential Low Back Program: Relieve Pain and Restore Health. Her newest book, Restoring Prana: A Guide to Pranayama and Healing Through the Breath, was recently published by Singing Dragon. To learn more about Robin, go to www.eyt.yoga

Beth Award

In 1991, Beth took two summer classes: DOS Programming and Yoga. The computer information didn't stick, but yoga captured her attention from the very first class: she felt taller and quieter (miraculous!). Since 1994, Beth has been a student at Seattle Yoga Arts, and how she evolved to wear a leotard to work is still a bit of a mystery to her. Inspired by Denise Benitez and her own "unfolding", Beth began to teach yoga in 2003. She is an E-RYT500 and YACEP through Yoga Alliance. Beth offers a warm and compassionate instruction style that stems from her love for the practice. She continues to be inspired, pulled, and prodded by life in all sorts of directions.

www.bethaward.com

Claudette Evans, E-RYT500

Claudette has been a student of yoga for more than 20 years and a teacher for over a decade. Claudette has a genuine passion for meeting students where they are, helping guide them toward an experience of greater strength and freedom while allowing them to discover the wisdom that already lies within. She continues to expand her knowledge of yoga through the study of the Sanskrit language and shares its beauty with curious and devoted students who wish to deepen their practice. You'll find Claudette's classes infused with her warm, integrative, and creative spirit. Her enthusiasm and curiosity are catching, and it's clear that her teaching draws on her own love of physicality, and mental engagement. Through a deft weaving of precise alignment, thoughtful insight, and a great sense of humor, her classes create space for self-expression, clarity of focus, and the sheer joy of being embodied. claudette@claudetteevansyoga.com

Claudette is a registered Yoga Alliance Continuing Education Provider.

Nicole Bratt

Nicole, a Midwest native, is committed to holding space for students so that they may benefit from this elegant practice we know as yoga. She is deeply honored to be doing just that as the Studio Manager at Seattle Yoga Arts. Her life passion is cultivating vibrant and inclusive community wellness, and she is excited to bring her diverse background as a graphic designer, yoga teacher,

event planner, photographer, volunteer coordinator, and small business owner to SYA.

As a group fitness instructor, Nicole explored yoga briefly in her 20s, but initially there was little resonance. When yoga crossed her path again in her 30s, she discovered she was ready to fully embrace its life-changing gifts. Her path led to completing both 200-hr and 500-hr teacher trainings at Yoga Tree San Francisco, and she now specializes in Restorative, gentle, therapeutic, and prenatal modalities. She is passionate about the power of stillness as a transformational experience, as well as an antidote to urban living. After 12+ years living, working, and studying in San Francisco, Nicole transplanted to our lush, beautiful Seattle. When she's not at the studio, you are likely to find Nicole outdoors, listening to live music, creating art, making/eating delicious food, adventuring near and far, or taking a nap. nicolebrattyoga.com
Nicole is an E-RYT 200 / RYT 500, a Relax and Renew® Advanced Trainer (via Judith Hanson Lasater), and a registered Yoga Alliance Continuing Education Provider.

Jaime Waliczek, RYT

Jaime, MS, RDN, CD is a registered dietitian/nutritionist, yoga instructor, and dancer. She has been teaching yoga since 2003 and is trained in both Ana Forrest and Anusara yoga. After a lifetime of high-level competitive gymnastics and professional dance, yoga has guided Jaime in taking care of her body rather than simply pushing it to its limits. Her passion is to help people along their own journeys to becoming healthier, brighter, and happier beings through movement and healthy living. Classes are playful and encourage students to find their own strength and inner wisdom. For more information about Jaime's other professional interests at www.balancedlivingseattle.com and www.jerboadance.com.
jaime@jerboadance.com

Josephine Edmondson

Josephine is a Seattle based healer who specializes in trauma-informed practices. She currently serves as the lead teacher and curriculum developer for the University of Washington's Yoga for Healing Program. Over the last ten years, she has taught yoga, meditation, and breathwork in a variety of

settings including prisons, juvenile detention centers, and eating disorder treatment programs. Josephine also has a private healing practice where she offers Reiki, Breathwork, and mentorship for yoga instructors.

<https://www.josephineedmondson.com/>