

Andrea Trank, Author/Teacher/Coach
Ed.S. Curriculum, M.Ed. Science Education, e-RYT200
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Education:

e-RYT200 Yoga Instructor, Ed.S. in Curriculum and Instruction from the University of Virginia (UVa)

M.Ed. in Science Education UVa., B.A. in Communications, UVa.

<https://www.yogaalliance.org/TeacherPublicProfile?tid=111971>

Yoga Alliance ID Number 158435

List of Additional Certifications and Workshops

- Memory Maintenance Yoga -Yoga for preventing Cognitive Decline—Soma Yoga Institute, Better Living Yoga
- Vini Yoga- Yoga International

- ❖ Trauma Informed Yoga Workshop Yoga Bird
- ❖ Yin Yoga Workshop 2 hours -- Yoga International
- ❖ Yoga International Yoga Therapy Mini immersion workshop 10 hours on line
- ❖ Yoga for Healing the Back -- Liz Owne
- ❖ The Injury Free Yoga Practice - Dr. St
- ❖ Myofascial Release Workshop - Ruby and Pearls Yoga
- ❖ Sadie Nardini Training
- ❖ Yin Yoga Workshop
- ❖ Mediation Workshop
- ❖ Anna Forrest Workshop
- ❖ Jason Crandall Workshop
- ❖ Iyengar Workshop with Bobbi Golden, Sanibel Island, Summer)

Andrea has studied all the following forms of Yoga: Hatha, Vinyasa, Restorative, Yin, Bikram, Kripalu, Iyengar, Ashtanga, Anusara and Kundalini.

Andrea has completed educational programs in the following-- Ayurveda, Herbal Remedies, Balancing Hormones Naturally, Diabetes prevention, Thyroid Health, Digestive Issues, detoxifying your home and health, safely using essential oils for health and home.

Teaching Experience:

Yoga Teacher—West Bay, Bella Lago, Fyzical Fitness, Chico's Headquarters, Privates, Happehatchee Nature Center, Gateway Country Club, Vanderbilt Country Club, Soni Yoga, Joyful Yoga and her own home studio.

Developed all her own classes for studios, nature centers, country clubs and private. Changing classes weekly for themes, seasons and needs of students. Worked with private students including pregnant clients, clients experiencing anxiety disorder, clients with scoliosis, clients recuperating from cancer treatments and clients recovering from surgeries, and many clients suffering from various autoimmune issues.

College Adjunct Instructor—FGCU- 2008-2014

Taught all levels of courses including graduate level in the College of Education (COE). Foundations of Education, Professional Studies, Science Methods (elementary and secondary) Advanced studies in Secondary Science, Block 1 and Block 2 internship. Nominated as outstanding Adjunct of the year (2008). Mentored teachers through the College of Education SERVS (Support, Encouragement & Resources Vital to Success) program and supervised student teachers in their internships.

High School Science/Journalism Teacher—MHS, Charlottesville, VA. 1998- 2008 Taught 9-12 grade earth science, ecology, AP environmental science and Journalism. In charge of the school newspaper and ran the Envirothon Club. Golden Apple Winner. (2000)

Administrative and Other Experience:

Staff Coordinator for Happehatchee Center. 2014 Hired and supervised yoga teachers. Sent out weekly emails, handled publicity for classes. Coordinated the class calendar. Photographed teachers. Sent out training materials and communicated with board members and the executive director.

Executive Director of the Environmental Education Center, Charlottesville, Virginia, 1993-1998
Working with a business partner, we created this organization as a non-profit center to raise awareness of environmental issues including watershed protection and land use. Developed programs for schools. Raised more than \$100,000, managed media, ran meetings, lobbied on behalf of the environment.

Lobbyist for Sierra Club and the TJPDC, Richmond, Virginia, 1995-1998

Represented these organizations in the Virginia General Assembly. Lobbied legislators to support bills, spoke before committees, researched laws and had one-on-one meetings with legislators.

Radio, TV and Print Journalist, Washington, DC, Miami, FL, Jacksonville, FL, Los Angeles, CA. 1980-1988. Covered all major news stories

including presidential elections, the Oscars, the riots in Miami, Space Shuttle Disaster, among other stories. Specialized in reporting environmental issues. Won an AP award for reporting on asbestos contamination in a school in Miami, FL. Authored many articles that have appeared in multiple publications on issues ranging from family care issues to theater reviews.

Special Skills:

Speaker, Author, Jewelry Designer, Blog Writer, Photo Editor, Editor, Public Speaker, Social Media,

References Available Upon Request

