

Andrea Trank
417 Raleigh Avenue
Norfolk, Virginia 23507
andrea@heavenlanecreations.com
<https://heavenlanecreations.com>
239-634-0739

Education:

- Ed.S. in Curriculum and Instruction from the University of Virginia
- M.Ed. in Science Education, University of Virginia
- B.A. in Communications, University of Virginia
- e-RYT200 Yoga Instructor, Yoga Alliance
- Certified Gentle Somatic Yoga Levels 1 and 2, James Knight
- Certified Memory Maintenance Yoga Instructor,
- Certified Restorative Yoga Instructor
- Certified Integrative Medicine Health Coach, Academy for Integrative Medicine
- Certificate in Art and Science of Yoga Therapy, Joseph LePage
- Functional Nutrition Certificate, MindBodyGreen
- Functional Nutrition Intensive, Andrea Nakayama

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

Yoga Alliance ID Number 158435

Additional Yoga Certificates and Training:

- Trauma Informed Yoga Workshop
- Yin Yoga Workshop 2 hours
- Yoga International Yoga Therapy Mini immersion workshop 10 hours on line
- Yoga for Healing the Back
- The Injury Free Yoga Practice
- Myofascial Release Workshop
- Sadie Nardini Training
- Yin Yoga Workshop
- Mediation Workshop
- Anna Forrest Workshop
- Jason Crandall Workshop
- Iyengar Workshop with Bobbi Golden

In addition, Andrea has taken classes in all the following forms of Yoga: Hatha, Vinyasa, Restorative, Yin, Bikram, Kripalu, Iyengar, Ashtanga, Anusara and Kundalini.

Teaching Experience:

Owner and Yoga Teacher --Heaven Lane Healing & Creative Arts

Created two classes each week and a series of special workshops that were delivered online through Zoom. Also worked individually with dozens of students who were facing a variety of injuries, illnesses, and anxiety related conditions.

Yoga Teacher--Pelican Sound Country Club, Sundial on Sanibel, Fyzical Fitness, Chicos Headquarters, Private on Fort Myers Beach, Happehatchee Nature Center, Gateway Country Club, Vanderbilt Country Club Soni Yoga

Developed all my 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 a pregnant client, a client experiencing anxiety disorder, a client with scoliosis, clients recuperating from cancer treatments and clients recovering from surgeries.

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 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 running the Envirothon Club. Golden Apple Winner. (2000)

Administrative and Other Experience:

Staff Coordinator -- 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 - 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:

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

References Available Upon Request