

# Curriculum Vitae

*“Some people live to practice yoga, I practice to live and consider yoga the ultimate guide to owning a human body. I am dedicated to sharing the light of yoga with all who seek its many gifts and graces. I offer nearly 20 years experience teaching hatha yoga with an emphasis on cultivating a personal practice that enhances the well-being of the whole person, physically, mentally and spiritually.” Liz*

## Areas of Specialization:

### Vinyasa Flow Yoga

An eclectic approach to practicing yoga asanas, vinyasa yoga emphasizes the use of the breath to inspire the movement from one posture to the next, creating a sense of “flow” that unifies the body and mind. This practice is easily adaptable to all physical levels and promotes a profound sense of well-being and balance.

### Yoga Trance Dance

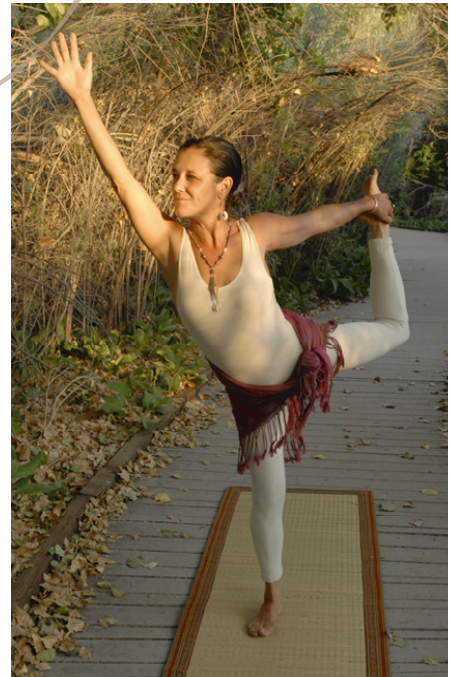
Based on a foundation of yoga postures, yoga trance dance, especially as it has been developed by Shiva Rea, one of my most inspiring teachers, is often found to be easier and more accessible than yoga. Simple, sustained, oscillating (circular) movements in the body and the opportunity to cultivate free-flowing, fluid movements to inspirational music generates an profound state of relaxation and opens the mind to new levels of awareness and facilitates the transformation of consciousness.

### Restorative Yoga

Restorative yoga poses make use of blankets, bolsters, chairs, the wall, anything that supports the body’s ability to deeply relax. During deep relaxation all the organ systems of the body are allowed to enjoy a profound recuperation that lowers blood pressure, strengthens immune functions, and benefits digestion, elimination, as well as alleviating muscle tension and generalized fatigue. Restorative poses are easy, almost deceptively simple to practice, but the benefits are profound, whether we are in recovery or simply stressed out.

**Liz Mediavilla**

*Yogini*



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## Teaching Experience

2004 – present

### Living Yoga of the Desert

55583 29 Palms Highway, Yucca Valley, CA  
Currently teaching 4-6 classes per week, substituting for the Director when he is unable to teach and maintaining the studio's website.

Reference: Max Thomas, 760 369 9642

1998 - 2002

### Yoga Works (formerly Yoga Place)

Mission Viejo, Costa Mesa, Laguna Beach, CA  
Taught four classes weekly in addition to subbing as needed at a variety of locations.

Reference: Audrey 949 415 0955

2000 – 2004

### Yoga Experience

(no longer in business) Tustin, CA  
Taught 4 classes weekly, designed and maintained the center's website

Reference: Julie Cade Bon ([hbjulie@yahoo.com](mailto:hbjulie@yahoo.com))

### Full Spectrum Yoga

Newport Beach CA 92660  
Reference: John Childers  
Taught occasional workshops and designed and maintained website.

1989 - 1996

**Lafayette YWCA, IN**  
**West Lafayette Parks & Recreation, IN**

1986 - 1989

Long Beach YMCA, Long Beach, CA

## Workshops

Transforming Body Image  
Yoga & Aromatherapy  
Intro to Flow  
Intro to Yoga Trance Dance  
Yoga for PMS/Perimenopause/Menopause

## Teaching Certifications

**2006:: Yoga Trance Dance  
Teacher's Training with  
Shiva Rea**

Exhale Spa, Venice, CA

**2003: Relax & Renew  
Restorative Yoga  
Teacher Training with  
Judith Lasater**

Scottsdale, AZ

**2002: Erich Schiffman  
Teacher Training**

Yoga Works, Costa Mesa, CA

**2001: Deepening the Practice  
Tracey Rich & Ganga White**  
White Lotus Foundation,  
Santa Barbara, CA

**1989: Teacher Training  
(17-day intensive)  
Tracey Rich & Ganga White**  
White Lotus Foundation,  
Santa Barbara

Additionally, I have attended numerous Retreats & Workshops with:

**Angela Farmer**

**Amrit Desai**

**Tsultrim Allione**

**Francois & Debra Raoult**

**Tim Miller**