

**Rachael Nickel ERYT 200**  
**111-45 76th Drive #B3**  
**Forest Hills, NY 11375**  
**contact@rachaelnickel.com**  
**315-269-7966**  
**www.rachaelnickel.com**

## **Qualifications**

Experienced, Registered, and Insured Hatha Yoga Instructor

Dynamic and Empathetic Communicator

Motivated and Motivational Wellness Provider

## **Education**

**Dharma Mittra Yoga Training-500 Hour** November 2009-February 2010  
Dharma Mittra Yoga Center New York, NY

**Healing Touch Therapy Training: Levels 1, 2, 3, 4, 5 & Advanced Level 2** January 2006 - June 2007  
St. Mary's Hospital, Amsterdam, NY

**Studied with Dr. Usha Sundaram** August 2001 and August 2002  
(*Swami Dharmakeerti*)  
**Director – Bihar School of Yoga Therapy**  
Medical College of Ohio, Toledo, OH

**Yoga Instructor Certification-200 Hour** January 1999-April 2000  
World Yoga Center, New York, NY

**BFA: Fine Art Photography** May 1994  
Columbus College of Art and Design, Columbus, OH

## **Professional Memberships**

Yoga Alliance - ERYT 500 & RYT 500 August 2005-Present

## Professional Employment

<b>Assistant Registrar: Teacher Training</b> Dharma Yoga Center NY, NY Responsible for interviewing possible candidates for teacher training, overseeing enrollment, reviewing new teachers, as well as assisting in the overall running of the department.	February 2011 -November 2011
<b>Freelance Consultant</b> Provided Yoga instruction in various venues to a wide range of demographics in Central New York State and currently New York City. Examples include yoga studios, gyms and community centers, teaching beginning to advanced, family, pre/post-natal, senior and athletic yoga.	August 2003 - Present
<b>Chair Yoga Instructor</b> Austin Street Self Help Center, Forest Hills, NY	September 2007 - Present
<b>Yoga Instructor/Office Manager</b> Tree of Life Yoga and Wellness Center Forest Hills, NY	September 2007 - December 2009
<b>Director of Complementary Therapies</b> Heritage Health Care Center, Utica, NY Provided Yoga and Healing Touch Therapy services to patients and staff Collaborated with medical professionals to develop integrative care systems Maintained documentation of wellness treatment plans	September 2005 –July 2007
<b>Alzheimer's Chair Yoga Instructor</b> Alterra Clare Bridge Cottage of Clinton Clinton, NY	September 2005 - July 2007
<b>Yoga at the Center for Addiction and Recovery</b> Clinton, NY	November 2006 - July 2007
<b>Senior Yoga and Customized Classes: Instructor</b> Masonic Care Community Utica, NY	April 2004 – July 2007