

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 and Healing Touch/Reiki Practitioner
Dynamic and Empathetic Communicator
Motivated and Motivational Wellness Provider

Education

Progressive Ashtanga Vinyasa Yoga Training with David Kyle, 50 Hours CCE Bamboomoves, Forest Hills, NY	September 2014
Gentle Yoga Training with Naomi Judith, 15 Hours CCE Bamboomoves, Forest Hills, NY	November 2013
Dharma Mittra Yoga Training-500 Hour with Dharma Mittra Dharma Mittra Yoga Center, New York, NY	November 2009 - February 2010
Healing Touch Therapy Training: Levels 1, 2, 3, 4, 5 & Advanced Level 2 with Sr. Rita Jean Dubrey St. Mary's Hospital, Amsterdam, NY	January 2006 - June 2007
Studied with Dr. Usha Sundaram (Swami Dharmakeerti) <i>Director – Bihar School of Yoga Therapy</i> Medical College of Ohio, Toledo, OH	August 2001 and August 2002
Usui Shiki Ryoho Reiki System of Natural Healing: Levels 1, 2, 3, Master with Rev. Jone Eagle R.M. Northwest Ohio Reiki Center, Toledo, OH	September 2000 - May 2001
Yoga Instructor Certification-200 Hour with Rudrani Farbman-Brown World Yoga Center, New York, NY	January 1999-April 2000
BFA: Fine Art Photography Columbus College of Art and Design, Columbus, OH	May 1994

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Professional Memberships

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

Professional Employment

Freelance Consultant August 2003 - Present
Provided Yoga Instruction and Healing Touch/Reiki 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, gentle, senior, chair, private, and athletic yoga.

Pet Therapist and Yoga Therapist February 2012 - Present
Forest Hills Care Center
Forest Hills, NY

Assistant Registrar: Teacher Training February 2010 -November 2012
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.

Yoga Instructor/Office Manager September 2007 - December 2009
Tree of Life Yoga and Wellness Center
Forest Hills, NY

Director of Complementary Therapies September 2005 –July 2007
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.