

CINDY VON MILLER

EDUCATION:

Registered Nurse Diploma, 1983, Touro Infirmary School of Nursing, New Orleans, LA
Bachelor of Science in Nursing, 1986, University of West Florida, Pensacola, FL

CERTIFICATIONS:

Certified Yoga Teacher (200 hour) 1994 - Kripalu Center for Yoga and Health
Certified Yoga Teacher (500 hour) 2007 - Ananda Seva, Santa Rosa, California
Yoga Therapy Certification 2007 - Ananda Seva, Santa Rosa, California
Basic Life Support Provider, American Heart Association
Advanced Cardiac Life Support Provider, American Heart Association

REGISTRATIONS:

RN, State of Texas
RYT (500), Yoga Alliance

MEMBERSHIPS:

International Association of Yoga Therapists
Holistic Nurses Association

Cindy is the Founder and Executive Director of Yoga and Health. She has been teaching yoga and practicing critical care and emergency/trauma nursing for over two decades. She believes that classical yoga provides the theory and the practical tools for creating health and wellness. Her vision is to join our modern health care and education systems with the ancient wisdom of classical yoga to advance the cause of health promotion through education and social support.



Cindy's teaching style is gentle and kind. She incorporates all eight limbs of classical yoga into her instruction. Most importantly she meets her students where they are and encourages them to love their limitations. She coaches her students to find a place of comfort and stability in each asana. Practices that build strength and endurance are balanced with practices that promote more efficient patterns of movement. She includes formal breathing practices and instruction, and continually reminds her students to focus on the breath. Instruction and practice time is given to meditation and therapeutic relaxation during each class. Her education as a professional nurse and yoga therapist enables her to help students who are recovering from illness or surgery, or striving to achieve a level of wellness despite chronic illness.