

## *Tamara Nicholson*

"The future depends on what we do in the present." Mahatma Gandhi

### *Certifications*

Tamara believes in yoga's potential to improve one's life and has made the practice of yoga an integral part of her life. Her journey with yoga began in 1998. Her practice soon opened the door to pursue a more applicable understanding of yoga. She is a Certified Yoga Instructor, having studied with the following:

- Ashtanga Yoga System with David Swenson, Beryl Bender Birch and Manju Jois
- Trauma Sensitive Yoga with David Emerson and Jenn Turner
- Radiant Child Level 1 & 2 with Shakta Kaur Khalsa
- Prenatal Yoga with Carrie Parker Gastelu
- Chakras and the Energetic Body with Shari Simon
- Reiki Levels 1 & 2 Sharon Cristofalo