

RANA WAXMAN

rana.consciousstrategiesllc@gmail.com

Port St. Lucie, Florida

Highly skilled Yoga Teacher with over 25 years of experience creating personalized and group yoga programs for clients of all levels.

Through the years, I've taught group classes, led workshops, hosted, and created my own yoga TV show, and authored the [Yoga Mind CD](#). I'm also highly trained in other healing modalities that help me teach and reach students of all levels, including other yoga professionals. My specialty is teaching restorative yoga, breathing, and hatha yoga and all classes focus on alignment, safety, and mindful movement.

Education

McGill University, B.A. in Liberal Arts and Communication

Yoga education

- 1:1 mentoring with Dr. Madan Bali (1998-2013), Yoga Bliss School Montreal, QC, Canada
- White Lotus 200Hr, California
- Yapana® Yoga 300hr Montreal and California
- Ongoing classes via Iyengar Institute, NYC
- Miscellaneous restorative yoga therapy workshops with Leeann Carey and Judith Lasater, and other postural workshops with Doug Keller, Hart Lazar, Matt Dreyfuss, Michelle Larue, Manuso, Kofi Busia, Eric Schiffman, Donna Farhi, Monica Voss, Bobby Clennel, TKV Desikachar (mantras), Thomas Ashley Farrand (mantras), Rebecca Lerner.

*E-RYT500, Yoga Therapist

Teaching experience

2021 – 2024

One-one classes for private clients

Delray Beach, FL

2015 - 2021

One-one classes for private clients
Restorative yoga

Philadelphia, PA

Practice Yoga Studio, Philadelphia

2013- 2015

Restorative yoga therapy
Pain in the Neck Workshop
Breathing Workshop
One-one classes

Jersey City, NJ Jivamukti Yoga Studio
South Bay Yoga Conference
South Bay Yoga Conference
Jersey City NJ

Yoga for Athletes

YMYWHA, Bergen County, NJ

1998- 2012

One-one and private group classes

Stress Reduction Workshop

Breathing Workshop

Montreal YMYWHA, Yoga Bliss, Yoga Plus

Yocomo conference

Yocomo conference

Professional experience

I started a professional writing career in 2012. My clients included yoga teachers, marketing agencies, and online publications who wanted content for their blogs, websites, and social media. I've since worked as content editor and marketing writer for many organizations and brands.

- <https://www.linkedin.com/in/ranawaxman/>
- <https://consciousstrategiesllc.com/>