

REBECCA MATTHEWS, C-IAYT, E-ryt 200, ryt 500, yacep

Rebecca is a certified Yoga Therapist through Inner Peace Yoga Therapy and the International Association of Yoga Therapists. She has been teaching yoga for fifteen years and working as a Yoga Therapist for the past four years. Her privilege to share these teachings are based on years of trainings, workshops and acquiring knowledge from so many amazing teachers as well as constant continuing education and study. Rebecca's journey to overcome her own spine injuries, chronic pain and fibromyalgia has deeply inspired her to develop Stability Yoga and offer this new perspective to those searching to live in a body with more peace, balance, joy and stillness. She teaches from a place of compassion, understanding and experience and knows the challenges of everyday living. She is excited to share her Stability Wellness Program to include Stability Practice for Seniors, Spine & Joint Health, Fibromyalgia, Depression, Autoimmune Diseases and Cancer as well as Stability Yoga Practices for all levels. She offers privates and free client assessments.



www.stabilityyoga.com
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847-637-6113

TRAININGS

Continuing Yoga Therapy
Education with Inner Peace Yoga
Therapy & IAYT
2015/2018

450 hr. Yoga Therapy
with Inner Peace Yoga Therapy,
2013/2014

Meditation Teacher Training
with Elesa Commerse, 2013/2015

119 hr. Kinetic Control,
The Movement Solution,
2012/2013

200 hr. Hatha Yoga Training
with Chad Satlow, 2004

800+ hrs. Yoga & Physical
Therapy Trainings /Workshops/
Continuing Education

TEACHING EXPERIENCE

- | | |
|--------------|--|
| 2004-2006 | Yoga Here & Now, Deerfield, IL: Power Flow class |
| 2006-2008 | Avani Yoga, Buffalo Grove, IL: Vinyasa Yoga, Privates |
| 2008-2010, | Buffalo Grove Fitness Center, Buffalo Grove, IL,
Vinyasa Yoga, Privates |
| 2010-2013 | The Deep Calm, Highland Park, IL, Stability Yoga, |
| 2013-2015 | Stillwater Physical Therapy, Bannockburn, IL,
Stability Yoga, Privates |
| 2011-2015 | Anklyosing Spondylitis Stability Yoga Workshops |
| 2012-2015 | Cancer Wellness Center, Northbrook, IL, Workshops |
| 2014 | Lutheran General Hospital, Des Plaines, IL, Workshops |
| 2014 | Avani Yoga, Buffalo Grove, IL, Workshops |
| 2014 | Studio X, Jackson, Wy, Workshops |
| 2015-2016 | Stability Yoga Privates & Small Classes |
| 2016 | Balfour Assisted Living Center, Louisville, Co, Senior
Stability Practice workshops |
| 2017 | Studio B, Evergreen, Co, Stability Yoga workshops |
| 2017 | Pranatomic, Golden, Co, Stability Yoga |
| 2017 | Community Holisitic Health Center, Lafayette, Co,
Stability Yoga |
| 2017 | Senior Resource Center, Evergreen, Co, Senior Stability
Practice |
| 2017 | City of Lafayette, Stability Yoga & Senior Practice |
| 2017 | Elk Run Assisted Living Community, Evergreen, Co,
Senior Stability Practice |
| 2018-present | Elderly Care Advisors, Jackson, Wyo, Caregiver/therapist
exercise specialist |
| 2018-present | Medicine Wheel Wellness, Jackson, Wyo, Yoga Therapist |