

REBECCA MATTHEWS

Stability Yoga Therapeutic Practice

ALL LEVELS / 300+ hour Certified Yoga Therapist / 200+ Certified Yoga Teacher

This kinesiology based practice will educate and create awareness to help you find healing and wholeness in your body, increase physical stability, internal and structural strength and energetic vitality. Its mindfulness, a balance of doing and receiving that creates flexibility and optimal alignment in our bodies, minds, hearts and lives.

I want to empower all my clients to embrace their life and their own uniqueness and beauty inside to live with more peace, quiet, acceptance and stillness. I want to help those in chronic pain become more independent and find alternative ways to live their lives.



www.stabiityyoga.com

rmstabiityyoga@gmail.com

847-637-6113

TRAININGS

300 hr. Yoga Therapy with Inner Peace Yoga Therapy, 2013/14

Meditation Teacher Training with Elesa Commerce, 2013/2015

119 hrs Kinetic Control, the Movement Solution, 2012/2013

200 hr. Hatha Yoga Training with Chad Satlow, 2004

605+ hrs. Yoga & Physical Therapy Trainings /Workshops

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, Privates

2013 - 2015, Stillwater Physical Therapy, Bannockburn, IL, Stability Yoga, Privates

2011-2015, Ankylosing Spondylitis Stability Yoga Workshops

2012-2105, 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 - present, Stability Yoga Privates & Small Classes

Opened 2 Yoga Studios: 2004 Yoga Here & Now, 2006 Avani Yoga