**Larissa Jones**

  **INTENTION**

It is my mission to act as a safe and effective guide to individuals that wish to better their health and lives through holistic movement and therapy. I draw on my extensive knowledge of Yoga, Pilates, Therapeutic Movement and Massage Therapy to create a whole-body practice that will strengthen, stretch, detoxify, and energize the body. The intention of this practice is to facilitate awareness within every student as to their own ability to heal themselves by dedicated practice of correct, efficient, conscious movement and the synchronization of movement and breath.

**DEGREES & CERTIFICATIONS**

* 1997 **Bachelor of Arts in Anthropology**, University of Oregon
* 1999 **1000hr. Massage Therapy Certification specializing in the Treatment of Injuries, Specific Conditions and Athletes**, Brenneke School of Massage, Seattle
* 2002 **200hr Interdisciplinary Yoga Teacher Certification**, Nosara Yoga Institute, Costa Rica
* 2002 **200hr Registered Yoga Teacher** with Yoga Alliance
* 2003 **Pilates Method Mat & Standing Certification**, Physicalmind Institute
* 2003 **Yoga Teacher Assist Program** *with* ***Lisa Black***
* 2003 **Baptiste Power Vinyasa Certification** *with* ***Baron Baptiste***; Mexico
* 2004 **Vinyasa Flow Teacher Certification** *with* ***Shiva Rea*** Venice, Ca
* 2005 **Certified Mat and Reformer Instructor Level I,** Stott Pilates; Bodycenter, Seattle
* 2006 **Ashtanga Teacher Training,** *with* ***David Swenson;*** Goa, India
* 2006 **Ashtanga Teacher Training,** *with* ***Acharya V. Sheshadri;*** Mysore, India
* 2007 **Completion of Comprehensive Stott Pilates Teacher Training on all Apparatus and Injury and Special Population;** Portland, Oregon
* 2007 **Level II Advanced Vinyasa Teacher Training,** *with* ***Shiva Rea;*** Greece.
* 2012 **Completion of Stott Barre Teacher Training,** Stott Pilates: Bodycenter
* 2013 **300hr. Advanced Yoga Teacher Training**, Rishikesh Yog Peeth, Rishikesh, India
* 2015 **Aerial Yoga Teacher Training**, with ***Alison Hawkins***; Phnom Penh, Cambodia
* 2019 **Sound Bath and Sound Therapist Training**, with ***Anup Panthi of Nada Yoga Institute;***Pokhara, Nepal
* 2020 **Balanced Body CoreAlign I Training**
* **CPR & AED & First Aid Certified** with National CPR Foundation

**SPECIALIZED TRAINING & TEACHING EXPERIENCE**

I am an avid student and believe the best teachers are those who continually expand their own knowledge and experience.

* 2000 **Clinical and Events Sports Massage**; experience as a primary and initial care provider to injured muscles and tissue post trauma utilizing hydrotherapy, muscle manipulation and Swedish Gymnastics
* 2002 **Founded off campus Yoga Program** at Two Rivers High School, Wa
* 2002 **Founded Mat Pilates Program** at ***‘American Woman Athletic Club’,*** Bellevue and Renton, Washington.
* 2005 **Founded Pilates Mat and Equipment Program at**  ***Rain Fitness,*** Seattle, Wa.
* 2007 **Yoga for Stages of Life, Pregnancy and Illness** *with* ***Mekhala Deschikchar of the Krishnamacharya lineage***
* 2008 **Ayurvedic Yoga Therapy Training,** *with* ***Arun Deva;*** Santa Monica, Ca.
* 2008 **Pilates Jumpoard and Athletic Conditioning Training,** *with* ***P.J O’Clair;*** Portland, Or.
* 2009 **Pilates Reformer for Men,** *with* ***John Garey;*** Portland, Or.
* 2009 **Pilates Coordinator and Senior Instructor,** Heathsport; Eureka, Ca.
* 2011 **Athletic Conditioning Level 3**, *with* ***John Garey;*** Portland, Or.
* 2011 **Barworks teacher training**, Yogaworks; San Francisco, Ca.
* 2012 **Stott Barre Foundations Level 1 and 2**, Bodycenter Studios; Seattle, Wa.
* 2014 **Athletic Conditioning on Stott Pilates Split-Pedal Chair**, California
* 2015 **Stott Pilates Athletic Conditioning Level 4 *John Garey***, Portland, Or.
* 2015 **Yoga and Ayurveda 300hr Ashram training** at Yoga Rishikesh Peeth, Rishikesh, India
* 2016 **Studio Operator and Senior Pilates Instructor,** ProgressivePilates Hamilton, New Zealand
* 2017 **Foot and Gait Assessment** with **Melanie Byford-Young,** Portland, Or.