

**Gail Mann**  
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[www.yogaunbound.com](http://www.yogaunbound.com)



## Training and Certification

### Mindfulness, Meditation and Pranayama

- *Mindfulness Stress Reduction*: University of Massachusetts, Center for Mindfulness in Medicine, Health Care and Society, Summer 2013
- *Insight Yoga & Meditation*: Sarah Powers, The Yoga Studio, Cambridge, MA, October, 2013
- Mindfulness
- *Insight Silent Meditation Retreat*: Larry Rosenberg, Insight Meditation Center, Barre, MA, May 2012
- *Integrated Medicine (CMED)*: MGH Benson-Henry Mind Body Institute, Boston, MA; November 2010
- *Yin Yoga*: Sarah Powers, The Yoga Studio, Cambridge MA, June 2006
- *Yoga Body, Buddha Mind*: Cyndi Lee and David Nichtern, Kripalu, November 2005
- *Pranayama for Meditation and Yoga Practice*: Francois Raoult, Kripalu, September 2004

### Yoga Certifications

- 500-hour, 15-month “Art of Teaching and In-Depth Studies” with Barbara Benagh, January 2011
- Shiva Rea, Fluid Power Teaching Training, July 2010
- OM Yoga Teacher Training Workshop for Working with Breast Cancer Survivors, April 2010
- Anusara Intensive Teacher Training, Betsey Downing, April 2007
- Anusara Immersion, Anne Greene and Todd Norian, November 2005 and April 2006 Iyengar Teacher Training, Dona Farhi, October 2003
- Registered Yoga Teacher Certification, Yoga Alliance; 2003
- 200-hour, 12-month Teacher Training with OM Yoga (NYC, NY) and Yoga Spirit (Hamilton, MA), 2001-2002
- Therapeutic and Restorative Yoga, Judith Hanson Lasater, June/September 1999

### Health and Therapeutic Yoga

- *Yoga as Therapy*: Doug Heller, The Yoga Studio, Cambridge, MA, April 2012
- *Yoga Therapy*: Baxter Bell, M.D., Samara Yoga, Somerville, MA; November 2010
- *Living and Learning Yoga as Therapy*: Doug Heller, Back Bay Yoga; November 2007
- *Yoga for Wellness*: Gary Kraftsow, Boston Yoga Conference; April 2006
- *Yoga for the Nervous System: Healing Anxiety and Insomnia*; Bo Forbes, Boston Yoga Journal Conference 2006

## **Philosophy and History**

- *Yogic Philosophy/Yoga Sutras*: Stephen Cope, Kripalu, April 2005
- *Yoga Koshas*: Barbara Benagh, The Yoga Studio, May 2009
- *Sanskrit*: William Broder, The Yoga Studio, January 2010

## **TEACHING EXPERIENCE**

### **2011 - Present**

**Founder**, YogaUnbound Mindfulness for Leadership Development

- Simmons School of Management Mindfulness Program (Spring & Fall 2013)
- Consultant and mindfulness instructor, Eastern Bank, Lynn, MA

**Teacher, Andover MA (Kula on Locke; Oxygen Mind & Body)**

- Teacher of meditative and therapeutic yoga classes

### **2008 - 2011**

**Teacher, Partners HealthCare**

Gentle vinyasa and yin yoga for employees of Partners HealthCare Development Office and Mass General Hospital Community Outreach

### **2005 – 2011**

**Teacher, Union Studio Yoga, Andover, MA**

Senior teacher for multiple classes and styles, including vinyasa, yin, therapeutic and restorative yoga

### **2001 – 2005**

**Owner and Teacher, YogaUnbound, Lawrence, MA**

Hatha, vinyasa and restorative classes for all level students with a special emphasis on providing classes to underserved adults and children

## **INSURANCE**

I hold comprehensive general liability and professional liability from Fitness and Wellness Insurance, a member of the Philadelphia Insurance Companies.

**REFERENCES** Available upon request.