

2002-2006	Professional dancer – Tina Bertoncini Dance – Saskatoon SK
2003-2004	500 hour Iyengar Yoga Teaching Training - JNS Yoga Studio – Saskatoon SK
2004-2010	Independent instructor of yoga and movement to children and adults – Saskatoon SK
2005-2008	Numerous dance and movement trainings and intensives including Mitzvah/Itcush Method – Davidson SK Body Mind Centering - Vancouver BC Syntonics/Authentic Movement - Vancouver BC LADMMI - Montreal QC Franklin Method - Toronto ON Anti-gymnastique classes – Saskatoon SK
2007	Began life-long student/teacher relationship with yoga teacher Diane Long, student of Vanda Scaravelli – London UK
2009	Bachelor of Arts Four Year - major in Studio Art with distinction, minor in Religious Studies - University of Saskatchewan – Saskatoon SK
2011	Master of Physical Therapy – University of Saskatchewan – Saskatoon SK
2011	100 course hours completed towards Certificate in Anatomical Acupuncture – Acupuncture Foundation of Canada Institute – Edmonton AB
2011-present	Member of Canadian Physiotherapy Association (CPA)
2011-2013	Member of Saskatchewan College of Physical Therapists (SCPT)
2011	Dysfunction at the Thoraco-lumbar Junction – Continuing Physical Therapy Education – Saskatoon SK
2011	Anatomy Trains for Movement Therapists – Core Conditioning – Studio City CA
2011-2013	Physical Therapist – Summit Rehabilitation and Fitness CBIHG – Prince Albert SK
2012	Anatomy Trains Myofascial Meridians for Manual Therapists – Kinesis Inc. – Walpole ME
2012-2013	500 hour Kinesis Myofascial Integration (KMI) professional certification – Kinesis Inc. – Walpole ME
2013	Fascial Dissection Course – Laboratory of Anatomical Enlightenment – Tempe AZ
2013 - present	Member of International Association of Structural Integrators (IASI)
2013	Contemporary dance classes -Benedetta Capanna Dance–Rome IT
2014 - present	Member of Nova Scotia College of Physiotherapists (NSCP)