

# Curriculum Vita

Lillah Schwartz, Founder, Lighten Up Yoga Center, Asheville, NC

[Lillah@lightenupyoga.com](mailto:Lillah@lightenupyoga.com) - 828-273-9402 Cell

*Lillah Schwartz, Iyengar Certified, senior student of the yogic arts with 27 years training and teaching experience in the Iyengar Method is offering her services to established yoga studios to complement and enhance the offerings they provide to students and yoga teachers in their communities.*

## Summary of Qualifications

- Excellent communicator of the foundational principles of yoga
- Insightful guide to uncover the specific yogic actions that lead to success and freedom
- A strong, clear and compassionate teacher
- Inspirational speaker and workshop leader

## Summary of Skills

- Experienced teacher trainer, with particular strengths in the areas of applied anatomy, physiology, and physics of yoga.
- Outstanding instructor in sequencing principles and progressions to train students to build poses with safety and wisdom.
- Compassionate guide with exceptional insight into the physiology of yoga and adaptive applications for persons with disabilities and special needs
- \* Recognized authority on yoga for back pain and other joint dysfunctions

## Accomplishments

- 1981 To Present. Founded and Director of the first full service yoga studio in Asheville, NC, ***Lighten Up Yoga Center***, as a pioneer in the Iyengar method.
- 1997 To Present, Established a formal *Yoga Teacher Training Program* thru Lighten Up Yoga, 200 hour one year program Registered with the National Yoga Alliance. Lillah as the primary trainer.
- 2004 To Present, Established a Yoga Alliance 500 hour Teacher Training program, with studies including intermediate, adaptive and therapeutic yoga topics. Lillah as the primary trainer.
- 2007 Received the “*Recreation Leader of the Year*” award from the Asheville Mayors Committee for Citizens with Disabilities for Lillah’s Yoga for MS classes.
- 2000 Produced, *Yoga: Relief for Neck and Shoulder Pain*, a 60 minute self-help DVD for all levels. Favorably recommended by Prevention Magazine and Yoga Journal, and distributed nationally through Victory Media to Libraries and other institutions.
- 1991 Produced *Yoga: Your Freedom from Back Pain*, a 90 min self-help DVD for beginners. Favorably recommended by Dr. Andrew Weil’s national self-help newsletter and Yoga Journal. Distributed nationally through Victory Media to Libraries and other institutions.
- 1991 CEU Provider for Licensed Massage Therapists with the Florida State Massage Board.

1989-1998. Established and Promoted *East Coast Yoga Vacations*, 10 year run. The first week-long residence training program hosting prominent Iyengar Instructors on the East Coast. Instructors included; Patricia Walden, John Schumacher, Felicity Green, Mary Dunn, Judith Lasater, George Purvis, Gayna Uransky, Gabriella Giubilaro, Rodney Yee and others.

### **Education and Certifications:**

- 2001 Certification in Adaptive Iyengar Yoga for MS and other Disabilities.
- 1990 Certified by the National Safety Council as a Back Power Trainer.
- 1988 Certified Cranial-Sacral Mobilization Technique. CEU Florida State Massage License.
- 1987 Certified by the National Iyengar Yoga Association, Yoga Instructor.
- 1980 Certification in Iridology and Nutrition, Dr. Bernard Jensen, Instructor.
- 1977 Certified Massage Therapist, Lindsey Hopkins Tech Education Center, Miami, Fla.
- 1973 B.S. Physical Education, Minor in Philosophy, Ithaca College, Ithaca, NY.

### **Iyengar Yoga Education:**

Studies listed reflect direct contact with BKS and Geeta Iyengar. (For an additional list of continued training with Iyengar Certified teachers please see addendum A.)

- 2007 Iyengar Convention Las Vegas, NV, Geeta Iyengar teaching.
- 2005 Estes Park, CO. Mr Iyengar teaching, Light on Life Yoga Journal conference.
- 2004 Iyengar Association Convention Minneapolis
- 2001 Yoga Odyssey Convention Pasadena, CA., Geeta Iyengar teaching.
- 1996 Iyengar Convention Estes Park, CO., Geeta Iyengar teaching.
- 1993 Iyengar Convention in Ann Arbor, MI. BKS Iyengar teaching.
- 1989 Ramamani Memorial Yoga Institute, Pune, India.  
Intensive study with B.K.S. and Geeta Iyengar.
- 1984 First International Iyengar Yoga Convention in San Francisco. BKS Iyengar teaching.

### **Yoga Teaching Experience:**

- 1981 To Present. Established and continue to instruct students weekly at *Lighten Up Yoga Center*, in Asheville, NC, Pioneered Iyengar method and adaptive yoga for special needs, including a specialty in back pain relief, yoga for scoliosis, and yoga for MS and other disabilities.
  
- 1986 To Present - 22 years, Annual Fall Equinox Yoga Retreat beginning in 1986 at S. Dharma Retreat Center, Burnsville, NC.
  
- 2000 To Present. Teaching a weekly class in *Adaptive Iyengar Yoga for MS* and other Disabilities.
  
- 2000 To 2007. Presented weekend workshops at other yoga studios throughout the South East including;
  - *Yoga for Back Care, Yoga and the Organic Body, Iyengar Yoga and the Five Koshas, Yoga as a Spiritual Practice.* Wake Forest Yoga, NC
  - *Yoga for Back Care, Yoga and the Organic Body.* Etowha Valley Yoga, GA
  - *Yoga for Golfers, Yoga for Sport Injuries Rehabilitation, Yoga for Back and Joint health.* The Cliffs Golf Community, SC
  - *Yoga for Back Care, Yoga and the Organic Body.* Integral Arts Center, SC
  - *Yoga for Back Care, Yoga as a Spiritual Practice.* The Yoga Haus, SC
  - *Yoga as a Spiritual Practice, Yoga for Back Care.* Rippling Waters, NC
  - *Yoga for Back Care.* Triad Yoga Center, NC
  - \* *Yoga for Back Care.* Triangle Yoga, NC

- 2007 Assistant Instructor to Eric Small in *Therapeutic yoga for MS* at the IAYT Conference, Int. Ass. Of Yoga Therapists in LA.
- 2006 *Adaptive Yoga for MS* Teacher Training for the National MS Society Wisconsin Chapter, Hartland, WI. Nov. 10-12, 2006
- 2005 *Adaptive Yoga for MS* Teacher Training for the National MS Society St. Lewis, Missouri, May 13-15, 2005
- 2001 East Coast Yoga Vacation: Co- taught with Eric Small, Senior certified Iyengar instructor and creator of the National MS society's official "Yoga for MS" program, Asheville, NC.
- 1993 Taught on staff at the Iyengar Convention in Ann Arbor, MI. BKS Iyengar present.
- 1985 Yoga Instructor. University of North Carolina, Department of Health, Physical Education, Recreation and Dance. Select topics: Iyengar Yoga-3 weeks, 3 hours daily.

**Articles Published** in *New Life Journal of the Carolinas*

- 2008 Article Scheduled: Carpel tunnel syndrome and Yoga
- 2007 Leave your chair behind: Save the Psoas with Yoga
- 2006 A Life of Reawakening – Reflections on BKS Iyengar's 2005 Book tour.
- 2003 Teaching Therapeutic Yoga
- 2001 Relief from Back Pain with Therapeutic Yoga
- 1999 10 Minute Yoga Office Break

**Professional Memberships:**

- IYNAUS- National Iyengar Yoga Association.
- IAYT – International Association Of Yoga Therapists
- IYASE- South East Iyengar Yoga Association
- ERYT – National Yoga Alliance Experienced Registered Yoga Teacher.

## Extensive Iyengar Yoga Training (addendum A);

- 2000 – 2008 – 8 years of study with Aadil Palkhivala including 3 day weekends, 5 day intensives, therapeutic trainings, and teacher trainings. – 224 hours total
- 1999 to 2008 - 9 years of studies with Eric Small in the Iyengar method as adapted to special needs including but not limited to MS. – 195 hours total
- 1998 to 2007 - 9 years of studies with Roger Cole PhD, three day weekends in anatomy and physiology of yoga topics. – 162 hours
- 2006, 1999 - Two Jr. Intermediate weekend Teacher Training with John Schumacher – 24 hrs
- 2003 Yoga for Osteoporosis & Repetitive Strain Injuries with Marian Garfinkel, PhD- 12 hrs
- 2003, 2002, 1994, 1992, 1989 - 5 years of study with Felicity Green, Therapeutic Applications in Yoga, General Iyengar Yoga weekends, 5 Day Yoga Teacher Training – 85 hrs
- 1999 to 2003 - 5 consecutive years of weekend studies with Dean Lerner – 60 hrs total
- 2000 to 2001, 1986, 1991, 1993, 1997, 1998, 1999 – 9 years of study with Patricia Walden, including general Iyengar training weekends, Jr. Intermediate Iyengar teacher trainings and 5 week long residence programs. Gather at the River, Covington, LA, Asheville, NC, Boca Raton, FL, Chapel Hill, NC – 240 hours
- 1987, 1988, 1999, 2000 – Hosting and co-teaching with Rodney Yee
- 1984 to 2000 Continued Training through the East Cost Yoga Intensives as follows;
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| '89  | John Schumacher and Felicity Green – 30 hrs      |
| '90  | Judith Lasater and Donald Moyer– 30 hrs          |
| '91  | Patricia Walden and Roger Cole – 30 hrs          |
| '92  | George Purvis and Mary Dunn – 30 hrs             |
| '93  | John Schumacher and Patricia Walden – 30 hrs     |
| '94  | Felicity Green and George Purvis – 30 hrs        |
| '95  | Gayna Uransky and Arthur Kilmurray – 30 hrs      |
| '96  | Francois Raoult and Julie Lawrence – 30 hrs      |
| '97  | Patricia Walden and Gabriella Guibliaro – 30 hrs |
| '98  | Aadil Palkhivala and Richard Freeman – 30 hrs    |
| 2000 | Rodney Yee and Patricia Walden – 30 hrs          |
- 1988 Weekend Workshops. Atlanta, GA. Judith Lasater
- 1987 Winter, Spring, Fall weekend workshops. Asheville, NC. Joan White.
- 1986 Two Week intensive. Feather Pipe Ranch, MT. Mary Dunn and Ramanand Patel.
- 1985 Weekend workshops with Sam Dworkis, John Schumacher and Dr. Mary Schatz
- 1983 Eight day Intensive, Boston, MA. Victor Van Kooten, Instructor.
- 1982 Yoga Institute of Miami. Seven days Iyengar Yoga Teacher training.  
With Bobbie Goldin, Miami, FL.
- 1979 Yoga Institute of Miami, FL - completed 6-day Iyengar Yoga Teacher Training,  
Instructor, Sam Dworkis
- 1976 Began weekly yoga studies at the Yoga Institute of Miami. Iyengar Certified instruction  
with Sam Dworkis and Bobbie Golden.
- 1975 Yoga Teachers Guild - Basic Course Boston, MA. Instructor, David Carmos