



Amanda McCormick

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Qualifications

Point Park University

BFA Dance / Minor Business Management

ACSM (American College of Sports Medicine)
Certified Personal Trainer

IIN (Institute for Integrative Nutrition)
Certified Holistic Health Coach

Laughing Lotus NYC

250hr RYT certifiable Yoga Teacher Trainings:
200hr Vinyasa, NY+50hr Bhakti Rishikesh, India

Jillian Pransky; YogaWorks NYC

62hr RYT certifiable Restorative Yoga training

Reiki Practitioner

Levels 1+2

Cacao Ceremony Facilitator

Background & Beliefs

Movement has always been part of my life, from being a ballerina for Halloween at 18 months old, to my first professional performance credit at the Kennedy Center in Washington, DC when I was 11 years old, to performing 9 years as a Rockette at Radio City Music Hall, and an abundance of juicy goodness sprinkled in between.

Expanding my understanding of “movement”:

- In college, I became interested in cross-training as a means to injury recovery/prevention + career longevity which led to a personal training certification.
- Struggles with body dysmorphia, disordered eating/exercise habits + being diagnosed with celiac disease peaked my interest in holistic wellness, and led to a coaching certification.
- Unhealthy relationships + a concern for my wavering mental health led me to finding the importance of a mind/body/spirit connection through yoga and meditation practices, yoga teacher training, energy clearing, Reiki practitioner training, and an Intuitive Behavioral + Mindset coaching certification.

I believe in constantly learning from one’s challenges + successes and utilizing them to empower not only one’s self but to help others on their journeys to healing, recovery, and health.

My mission is to help others drop into their bodies and the present moment, utilizing breath consciously paired with movement to ease frazzled nervous systems and strengthen the mind/body/soul connection.

I take a technical and holistic approach to health and well-being, using anatomical cues for safe execution + scientific research as a bridge to deepen students’ understanding of the integral part a consistent spiritual practice actually plays in healing, balance, and overall well being.

Experience

Movement Specialist | Yoga + Dance

In-person and online Yoga classes: Physical Equilibrium, Ludlow Fitness, Naked in Motion, Laughing Lotus, Wellth Collective + for smaller groups including corporate and private clients since mid 2019. Master Class dance teacher since 2010.

Guided Sound Meditation Practitioner

In-person and online facilitations: intuitive playing of crystal singing bowls, Tibetan singing bowl, Koshi chimes, and a steel tongue drum during guided sound meditations and yoga class savasana.

Intuitive Empowerment Coach

Intuitive space holder, guide, and coach helping others feel a renewed sense of grounding and alignment to alchemize stuck pain into making empowered choices and taking inspired action based off of a stronger connection to the sage guide inside: your own heart.

Fitness Center Coordinator | Camp Zeke, Poconos, PA (2016)

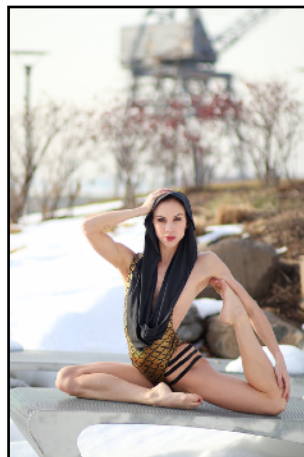
As head of the fitness center at a wellness-based summer camp, I created age appropriate lesson plans for strength training, cardio, stretching and yoga.

Personal Trainer, BOOM Fitness, NYC (2012-2013)

Trained 1:1 clients

Strengths

Empath, Intuitive, HSP (highly sensitive person), Active Listener, Adaptable, Technical, Detail-Oriented, Organized, Non-Judgmental, Intelligent & Thoughtful Writing/Dharma Talk, Compassionate, Instrument of Divine Movement, Forever Student, Full of Infinite Love



“Remembering the light and reigniting the fire within brings us back to our true, balanced, Divine nature, where we are all students, teachers, and healers.” —ALM