

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; NY & India

250hr RYT certifiable Yoga Teacher Trainings:
200hr Vinyasa, NYC; 50hr Bhakti, Rishikesh

Jillian Pransky; YogaWorks, NYC

62hr RYT certifiable Restorative Yoga training

Usui Shiki Ryoho Reiki

Levels I+2; studying to be Shamanic Master

Cacao Ceremony Facilitator

Background & Beliefs

In college, I became interested in cross-training as a means to **injury recovery/prevention** and **career longevity**, which led to my personal training certification.

Struggles with body dysmorphia, disordered eating/exercise habits, and being diagnosed with celiac disease peaked my interest in **holistic wellness**, and led to my first coaching certification.

Unhealthy relationships and a concern for my wavering mental health led me to finding the importance of a **mind/body/soul connection** through yoga and meditation practices, yoga teacher trainings, energy clearing, Reiki practitioner training, and an Intuitive Behavioral/Mindset coaching certification.

So after a 20 year professional dance career—including 9 years as a Rockette at Radio City Music Hall—I **recognized the power of nature, meditation, sound, and creative self expression as additional means to deep healing, love, and acceptance**. This led to a shift in focus from the performance industry to healing arts and the health & wellness industry.

Thanks to my lifetime of dance experience and varied education, I take a technical and holistic approach to health & well-being, using anatomical cues for safe execution of postures and scientific research as a bridge to deepen students' understanding of the integral part a consistent, mindful practice actually plays in healing, balance, and overall wellness.

My mission is to help others drop into their bodies and the present moment, to ease frazzled nervous systems, strengthen the mind/body/soul connection, and reignite the fire within.

With an emphasis on breath, movement, loving-kindness, alignment, and acceptance, **my intention** is to help others use their own Divine guidance and embodied creativity to make empowered choices and take inspired action in the direction of heart-centered purpose.

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

Experience

Movement Specialist | Yoga

In-person and Virtual Yoga: Yo1, River Family Wellness, The Chi Hive, Bethel Woods, Physical Equilibrium, Ludlow Fitness, Naked in Motion, Laughing Lotus, Wellth Collective + for smaller groups including corporate and private clients since 2019.

Movement Specialist | Dance

Embodied movement workshops, creative movement classes, ecstatic dance. Master Class teacher for ballet, jazz, contemporary dance styles since 2010.

Guided Sound Meditation Practitioner

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

Intuitive Empowerment Coach

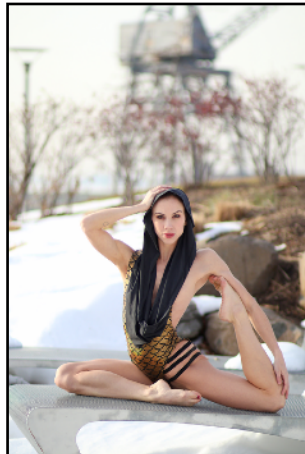
Intuitive space holder, guide, and coach helping others feel a renewed sense of grounding and alignment to alchemize stuck pain into making empowered choices and taking inspired action based off of a stronger connection to the sage guide inside: your own heart.

Reiki Practitioner

Offering reiki services to private clients, and through companies such as Yo1, River Family Wellness, and The Chi Hive.

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