

Debbie Mills

2413 Brun Street ♦ Houston, Texas 77019
(832) 689-5470

TRAINING and EXPERIENCE

Studied Sanskrit with Dr. Frederick Smith and Dr. David Gray
(Winter '03 to Summer '05)

Founded Lotus Adventures, Inc. (Yoga Trekking Outfitter)
(Spring '01) Himalayan Regions of India and Nepal

Studied Yoga, Pranayama, Chanting, Yoga Sutras and Samkhya Karika with Srivatsa Ramaswami
(April '99 to present) India and U.S.

Studied Yoga, Pranayama, Cikitsa and Siksana with Gary Krafstow
(Fall '99 to '03)

Founded Lotus Center for Yoga and the Healing Arts
(Fall '98)

Studied Ayurveda and Tantra with Dr. Robert Svoboda
(January '98 to present) U.S., Turkey and Brazil

Studied Yoga with Robert Boustany
(Fall '95 to Spring '99)

Studied Yoga, Pranayama, Meditation and Chanting with Kumar Palana
(Summer '94 to '04)

Group Classes –Yoga Teacher

Boustany Yoga Studios (Spring '98 to Spring '99), The Houstonian (Fall '98 to Spring '99), Jung Center-Houston (Fall '03 to present)

CERTIFICATIONS

Baylor Sports Medicine Institute–*Certified Personal Fitness Trainer*

(March 1998) 49.5 hours of study in Theory of Physiology, Anatomy, Kinesiology, Injury Prevention, Special Populations, Exercise Programming and Basic Nutrition.

Robert Boustany Hatha Yoga Teacher Training

(Fall '97 to Spring '98) Six-month course in study of Yoga asana, Pranayama, Applied Kinesiology and Energetics.

Phoenix Rising Yoga Therapist

(January 1995) 310 hours of study in Assisted Asana Techniques, Therapeutic Dialogue, Body/Mind Integrative Techniques, Guided Body Scanning, Literature Review & Reports, Self, Peer and Supervisor Assessments and a 20-Session Supervised Practicum.

National Certification Board for Therapeutic Massage and Bodywork

(November 1993) Anatomy, Physiology, Kinesiology, Clinical Pathology, Massage/Bodywork Theory, Adjunct Techniques and Business Practices.

Texas Registered Massage Therapist

(February 1993) Houston Massage Center
300 hours of study in Anatomy, Physiology, Health & Hygiene, Hydrotherapy, Swedish Massage Techniques, Business and an Internship.