



# *Yoga Teachers*



P.O. Box 532, GARRISON, NY 10524

TEL 845 424 4800

[garrison@garrisoninstitute.org](mailto:garrison@garrisoninstitute.org)

[garrisoninstitute.org](http://garrisoninstitute.org)



## Amanda Amadei

Amanda is a 200-hour registered vinyasa yoga teacher with Yoga Alliance, a certified personal trainer with the American Council on Exercise, and a certified pre- and postnatal fitness instructor with Healthy Moms Fitness, Motherwell, and Prenatal Resist-a-Ball. Over the past 10 years, she has been privileged to work with hundreds of people of all ages and fitness levels, and is continually inspired by the human capacity for transformation through empowerment. It is her belief that awareness and compassion for your own body and your own unique experience is what allows you to change and grow, and to uncover your true potential. Her

classes encourage patience, courage, and a light heart. Amanda holds a BFA in Theatre from the University of Illinois and has trained extensively in dance and stage combat choreography. She founded Full Circle Fitness in Long Beach, California in 2003, and served as director of personal training and perinatal fitness for Chicago's Cheetah Gyms from 2008–2010. After 15 years of personal practice, she completed yoga teacher training with her mentors Liz Schulman and Richard Villella at Living Yoga.



## Al Bingham

Al is passionate about crafting a practice that meets you where you are. Teaching since 1995, Al has trained aspiring teachers; developed continuing education programs for experienced instructors; and worked with physical therapists, personal trainers, psychologists, orthopedic doctors, and psychiatrists. Al is a member of TRIARQ's Medical Advisory Board. TRIARQ brings together doctors, physical therapists, and movement specialists to improve the treatment, rehabilitation, performance training, and injury prevention of patients/clients. Al has co-authored two books on yoga and is featured on Yoga Zone DVDs and the

Yoga Zone television show. Al received his yoga training through Yoga Zone founder Alan Finger and through the American Viniyoga Institute led by Gary Kraftsow. In 2011, Al became a Fellow of Applied Functional Science (FAFS) with the Gray Institute. He is also a certified Nike Golf NG360 Golf Performance Specialist and works with golfers to train, rehabilitate, and prevent injuries.



## Beth DeWit

Embracing her ongoing status as a student of yoga, Beth offers her class, A Connection to Yoga Philosophy, with humor and sincerity drawn from a personal journey of self-investigation, transformation, and her love of dharma. Her teaching stems from a desire to support and empower others to experience growth and healing on their own terms through clarity and perseverance in the physical and spiritual practice of asana. Beth has completed the 200-hour RYT Training in vinyasa yoga through Living Yoga in Cold Spring, NY, with teachers Liz Schulman and Richard Villella, and is registered through Yoga Alliance. She is an artist,

jeweler, and decorative painter living in Peekskill, NY.



## Ellen Forman

Ellen is an E-RYT 500 yoga teacher, yoga therapist, holistic lifestyle educator, and director of PranaMoon Yoga. Ellen's work is based on over thirty years of experience, practice, and study. Her journey towards health and holistic living started after she lost her mom to cancer at age 15. She leads workshops that include conscious nourishment and awakening the creative spirit through yoga, art, and mindfulness. She has an eclectic teaching style with a strong focus on the healing effects of the breath on mind, body, and spirit. She combines playfulness and positive energy to inspire students to find balance and harmony in daily life. Ellen's

therapeutic approach comes from a deep commitment to the ancient healing art of yoga as a vehicle to cultivate awareness and restore balance for the individual and the planet.



## Cat Guthrie

Cat has been a student and teacher of yoga for over twenty years. She took her first teacher training with Lisa Matkin at the Garrison Institute in 2004 and has since studied Body Mind Centering with Bonnie Bainbridge Cohen, and completed the training in Phoenix Rising Yoga Therapy. Her passion is teaching her students the joys and benefits of leading with the breath, expanding the heart, and embracing their practice right where it is. After a life threatening bicycle accident two years ago, she remade her body and "went rogue," refusing three surgeons suggesting emergency surgery in her firm belief that the body knows best how to heal itself.

Through yoga and hard work she is back to her old practice. She brings this inspirational quality to her classes and encourages all her students to believe in themselves and their own abilities. Her class is an eclectic mix of her trainings and is sure to leave you energized, peaceful, and at home in your body.



## Jennifer Llewellyn

Jennifer is a certified yoga instructor, E-RYT, and continuing education provider with Yoga Alliance. Her teaching style emphasizes the physical, intellectual, and emotional benefits of yoga and mindfulness both in personal practice and integrated into our daily lives. Having studied with Cyndi Lee, David Nichtern, Gina Norman, Jack Kornfield, Tara Brach, and Jillian Pransky, among many others, her teaching styles include vinyasa, hatha, yin, Iyengar, restorative, prenatal, zazen, vipassana, and a variety of meditation practices. She works with the Garrison Institute as a yoga instructor as well as their creative communications associate. She is currently

pursuing her 500-hour yoga certification and holds a Bachelor of Fine Arts in design and a master's degree in business and entrepreneurship. She creates blissful experiences throughout the Hudson Valley, Berkshires, and beyond.



## Leslie Mott

Leslie's yoga practice began years ago with a picture of a sun salutation and a Bikram book published in 1972. These inspirations led to taking classes and a regular practice for a number of years. However, it wasn't until completing Living Yoga Teacher Training with Liz Schulman and Richard Vilella that she realized she could combine her love of yoga with her love of teaching. Her classes emphasize strength and alignment, focus on using the breath to bring presence, and bring attention to the detail of asana in order to facilitate a larger perspective in a physical, mental, and spiritual practice. Besides teaching group classes, Leslie also teaches privates and leads retreats. She is a certified RYT 200 hour teacher by the Yoga Alliance. Leslie received her Masters from Princeton Theological Seminary and has served communities of faith as a teacher, chaplain, counselor, retreat leader, pastor and director. Leslie is also a Focusing Practitioner and currently working on a Certificate in Spiritual Direction.



## Richard Vilella

Richard is an E-RYT 500-hour yoga teacher and co-owner of Living Yoga. Richard has a thriving yoga practice in NYC helping people with pain and aging related problems that could not be helped by traditional Western medicine. He is currently writing a book, **Say Goodbye To Pain**. Richard has been teaching and studying yoga since 1985. He has built an exclusive clientele comprised of the business and media elite of NYC. Some of Richard's better-known clients include former NBC anchor Tom Brokaw, Bill Bradley, and Candice Bergen. From 1994-1998, Richard co-founded and operated Yoga Zone yoga studios. With five yoga studios to maintain, he created and directed the teacher-training program. Richard has taught hundreds of yoga students inspired by his teachings to be yoga teachers. As the head teacher at Yoga Zone, Richard was voted the best yoga teacher in the United States two years in a row by *Allure Magazine*. Richard graduated from Brown University with a degree in economics, and he was a professional football player with the New England Patriots.