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## **Nicole Emily Marcia MA (Yoga Therapy), C-IAYT, E-RYT 500 ? Trauma & Addictions**



**Nicole Emily Marcia, MA in Yoga Therapy, C-IAYT,**

**E-RYT 500:** Nicole has been a yoga teacher, therapist and trainer since 2004 and is registered with the Yoga Alliance (E-RYT 500) and the International Association of Yoga Therapists. In 2009, she was awarded a master's degree with a specialization in yoga therapy from Lesley University in Boston, MA.

Since then, she has been employed by Vancouver Coastal Health at their Burnaby Centre for Mental Health and Addiction where she developed a comprehensive yoga therapy program for in-patient clients in various stages of recovery from mental health and addiction issues. She also serves as the director of training at Yoga Outreach, a not-for-profit organization providing volunteer yoga teachers to marginalized populations.

In 2010, she completed the Trauma Sensitive Yoga Training at the Trauma Center in Boston, MA, and a course on the fundamentals of teaching yoga and meditation in military communities conducted by Warriors at Ease in Silver Spring, MD. She is a faculty member at Yoga Therapy International, Ajna Yoga and Langara College Continuing Studies.

**As a specialist faculty member at YTI, she teaches about Trauma and Addictions.**

Contact Nicole at <http://www.finebalanceyoga.ca/contact>

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