

Aggie Stewart, MA, C-IAYT

Essence: Yoga Therapy for Health and Well-Being

SUMMARY OF QUALIFICATIONS

- As an **innovative and certified yoga therapist**, combines the depth of the yoga and yoga therapy traditions with an understanding of western medical care and treatment.
 - Designs **unique and tailored yoga therapy practices** for groups and individuals, specializing in **therapeutic application of breathing practices** and **therapeutic** work for **back conditions, autoimmune conditions, arthritis, chronic pain, anxiety, and depression**
 - Teaches practices that **meet client and clinician intentions** and result in **symptom relief** and **high client satisfaction**
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EDUCATION

- **iRest Yoga Nidra Level II Trained Teacher**, Certification completion expected in Spring 2019.
 - **Buteyko Breathing Method**, February 2017
 - **Pre- and Post-Natal Yoga**, Amala School of Prenatal Yoga, December 2017
 - **800-Hour Yoga Therapist Certification**, American Viniyoga Institute, 2011
 - **Essential Low Back Training Program**, Essential Yoga Therapy, 2011
 - **500-Hour Yoga Teacher Certification**, American Viniyoga Institute, 2009
 - **Yoga for the Special Child™**, The Sonia Sumar Method, Evanston, IL, August 2007
 - **200-Hour Yoga Teacher Certification**, Spirit Tree Yoga Teacher Training, July 2007
 - **Master of Arts** in English; Loyola University of Chicago, 1988
 - **Bachelor of Arts** in English; University of Massachusetts, 1982
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TEACHING & CLINICAL EXPERIENCE

- Radiance Yoga, Wickford, RI. Yoga Teacher & Yoga Therapist, November 2018 – Present**
Teach therapeutic yoga classes and workshops for beginners to advanced practitioners. Design and teach yoga therapy workshops for a variety of health conditions. Provide yoga and yoga therapy in private sessions to individuals for a variety of conditions.
- Open Circle Rhode Island, East Providence, RI. Pre-natal yoga teacher, April 2018 – Present**
Teach weekly pre-natal yoga classes.
- Butler Hospital, Wellness for Two Study Team, Providence, RI. Pre-Natal Yoga Teacher, March 2018 – Present**
Teach pre-natal yoga classes as part of a study comparing the efficacy of two types of programs for women who experience anxiety and depression during pregnancy.
- University of Illinois at Chicago, College of Medicine, Guest Lecturer on Yoga as Self Care for Healthcare Practitioners in the Medical Colloquia Series, Fall 2017 – Present**
- University of Chicago Medical School, Department of Family Medicine, Guest Speaker for Yoga as Mind-Body Medicine, Fall 2017.**
- The Island Heron, Jamestown, RI. Yoga Teacher & Yoga Therapist, September 2016 – Present**
Teach therapeutic yoga classes and workshops for beginners to advanced practitioners. Design and teach yoga therapy workshops for a variety of health conditions. Provide yoga and yoga therapy in private sessions to individuals for a variety of conditions.
- YogaCare, Addiction Recovery Study Team, Chicago, IL. Yoga Therapist Consultant. July 2016 – Present**
Provide yoga therapy consultation to a multi-disciplinary team in the creation and ongoing support of an 8-week yoga therapy group series for people in addiction recovery.
- Chicago Center for Behavioral Medicine, Chicago. Yoga Therapist, February 2016 – June 2016.** Design and teach yoga therapy workshops for a variety of health conditions. Provide yoga therapy in private sessions to individuals upon request and referral.
- Grateful Yoga, Evanston. Yoga Teacher & Yoga Therapist, January 2015 – June 2016**
Teach yoga classes and workshops for beginners to advanced practitioners. Design and teach

private sessions to individuals for a variety of conditions.

yogaview, Wilmette. *Yoga Teacher, Summer 2014 to June 2016*

Teach gentle yoga classes and various yoga therapy workshops and series.

Heartland Health Centers, Chicago. *Yoga Therapist, Fall 2013 – June 2016*

Teach an NIH-supported therapeutic back care yoga series for patients with generalized low back pain at the Uptown and Rogers Park neighborhood clinics.

The Mather, Evanston, IL. *Yoga Teacher, Winter 2014 – Winter 2015*

Teach a combined chair and mat yoga class to residents of this continuing care retirement community.

Tribe, A Healing Arts Community, Chicago. *Yoga Teacher/Yoga Therapist, Winter 2014 – June 2016*

Provide one-on-one yoga therapy to private clients.

American Viniyoga Institute, Oakland, CA, Faculty/West Coast Team, *Spring 2014 – February 2016*

Teach and co-teach a variety of classes and small group processes in the Viniyoga Foundations Program for Teaching and Yoga Therapy and mentor teachers in training in this program.

Faculty Assistant & Faculty in Training, May 2011 – 2013

Assists the Director and Senior Teacher at a variety of workshops around the United States. Assist the faculty in the Viniyoga Foundations Program for Teaching and Yoga Therapy.

Shri Studio, Pawtucket, RI. *Guest Yoga Teacher/Yoga Therapist Fall 2013 – June 2016*

Teach monthly workshops and classes on a variety of yoga and health topics.

Brown University, Department of English, Providence, RI. *Yoga Teacher, Spring 2013*

Co-taught Lifewriting, an advanced nonfiction writing course, with a contemplative – yoga – focus. Yoga practice was specifically designed to facilitate and support academic success.

Breathing Time Yoga, Pawtucket, RI. *Yoga Teacher & Yoga Therapist, September 2008 – November 2012*

Designed and taught yoga classes and workshops for beginners to advanced practitioners. Designed and taught yoga therapy classes for structural, physiological, psycho-emotional conditions. Provided yoga therapy in private sessions to individuals for a variety of conditions.

Arcadia YMCA, Wyoming, RI. *Yoga Teacher & Yoga Therapist, September 2007 – September 2012*

Designed and taught yoga class for beginners to intermediate practitioners.

The Heart Center, Narragansett, RI. *Yoga Teacher, September 2007 – February 2013*

Designed and taught yoga class for beginners to intermediate practitioners. Designed and taught chair adapted classes for seniors. Provided yoga therapy in private sessions to individuals for a variety of conditions.

SERVICES & PROGRAMS

Essence: Viniyoga Therapy for Health and Well-Being, Principle, 2007 to Present

Services

- Collaboration with other health and wellness disciplines, such as physicians, psychologists, social workers, physical therapists, and chiropractors
- Yoga therapy group classes and private sessions
- Yoga group classes and private instruction
- Consultation with yoga teachers and yoga therapists

Programs (not an exhaustive list of classes and workshops)

- Back Care Basics, Part 1: Foundation for a Pain-Free Back
- Back Care Basics, Part 2: Building Stability
- Tension Tamer: Yoga for the Upper Back, Neck, and Shoulders
- Lighten Your Mood: Yoga for Seasonal Blues
- Sleeping Well, Sleeping Deeply
- Joint Ventures: Living Well with Rheumatoid Arthritis
- Joint Ventures: Living Well with Osteoarthritis Arthritis
- Writing through the Dimensions of Being: Yoga to Overcome Obstacles to Creative Expression

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- Yoga for Core Strength and Stability
 - Yoga in Season
 - Meditation in Motion
 - Our Multidimensional Being
 - Adventures in Developing Personal Practice (series organized around the pancamaya model)
 - Chair Yoga
 - The Secret Power of Yoga, Part 1: Setting Intention
 - The Secret Power of Yoga, Part 2: Building WillPower
 - Many Paths to Stillness: A Meditation Series
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**OTHER
RELEVANT WORK
EXPERIENCE**

International Association of Yoga Therapists, Little Rock, AK. Accreditation Manager, June 2013 – September 2018

As Accreditation Manager, create the administrative infrastructure for the IAYT yoga therapy accreditation program and oversee all aspects of the accreditation process for yoga therapy training programs. As Website Editor, oversee all aspects of website content development and management, including electronic communications with the membership.

American Viniyoga Institute, Oakland, CA. Freelance Writer/Editor, March 2010 – June 2011
Assisted the Director/Senior Teacher in developing articles on yoga and yoga therapy topics for publication in yoga journals and magazines.

**GRANTS
RESIDENCIES
PRESENTATIONS
& PUBLICATIONS**

Yoga as Self-Care for Healthcare Practitioners: Cultivating Resilience, Compassion, and Empathy. Forthcoming from Singing Dragon, as imprint of Jessica Kingsley publishers, London, August 2019

Interprofessional Approach to Integrating Yoga into an FQHC: Case Study of a Group Yoga Therapy Visit Model to Treat Substance Use. Co-Presenter, IM4US Conference June 22, 2018.

The Buteyko Breathing Method: Reduced Breathing to Restore and Optimize Health Solo presenter, IM4US Conference August 24, 2017.

Four-Week Writing Residency, Vermont Studio Center, April 2016. Awarded a scholarship and financial aid to work on my book on the yoga of writing.

Discovering the Yoga of Writing, a three-part guest blog post for *Sequence Wiz*, September-October 2015.

The Yoga of Creativity: Overcoming Blocks and Sparking Flow, *Yoga Therapy Today*, Winter 2015

Course Enhancement Grant for Lifewriting (EN1180E.01), Contemplative Studies Initiative at Brown University, Spring 2013

Joint Ventures: Helping Those with Rheumatoid Arthritis Live Well, *International Journal of Yoga Therapy*, 2013 (October)

Joint Ventures: A Yoga Therapeutic Approach to Living Well with Rheumatoid Arthritis, Common Interest Community (Physiology) presentation given at the 2011 Symposium on Yoga Therapy and Research, Asilomar, CA

**PROFESSIONAL
AFFILIATIONS &
APPOINTMENTS**

Board Member, YogaCare, Chicago, IL, June 2016 – Present

International Association of Yoga Therapists, 2009 – Present

Faculty, American Viniyoga Institute, 2014 – 2016

Faculty Assistant, American Viniyoga Institute, 2011 – 2013

Faculty in Training, American Viniyoga Institute, 2012 – 2013

Yoga Therapy Education and Research Group, American Viniyoga Institute, 2012
