

# Marisha Doan

Yoga • Nutrition • Wellness

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## TRAINING

**Tamalpa Institute - Level 1 Personal Embodiment Training** 2014-2015  
Studying the Life/Art Process as part of a 3-year expressive arts therapy program.

**Forrest Yoga Advanced Teacher Training** 2014  
Advanced continuing education course in Forrest Yoga with Ana Forrest.  
Carnation, WA

**Continuing Education with Ana Forrest & Forrest Yoga Guardians** 2013

- Windhorse Forrest Yoga Conference
- Hands-On Assisting and Body Work Training with Brian Campbell

**Institute for Integrative Nutrition - Health Coach Training Program** 2011-2012  
I studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts.  
New York, NY

**Forrest Yoga Mentorship Program** 2008-2010  
Under the guidance of Kelley Rush, Suzi Zobrist & Colleen Millen.  
San Francisco, CA

**Forrest Yoga Foundation Training (200RYT)** 2008  
Style: Forrest Yoga  
Under the guidance of Ana Forrest, Creatrix of Forrest Yoga  
San Francisco, CA

**Samadhi Yoga Center Yoga Teacher Training (200RYT)** 2006-2007  
Style: Vinyasa, Hatha  
Under the guidance of Kathleen Hunt, Owner Samadhi Yoga Center  
Seattle, WA

## CURRENTLY ENROLLED

**Tamalpa Institute - Level 2 Embodied Leadership Training**  
Studying the Life/Art Process as part of a 3-year expressive arts therapy program.  
2015-2016

## EXPERIENCE

Teaching:

- Innerstellar Pilates & Yoga**, Berkeley, 2011-present
- Yoga Tree**, San Francisco, 2010-present
- 7th Heaven**, Berkeley, 2010-2012
- Bad Joe's Body Shop**, San Francisco, 2010-2011
- Moksha Life Center**, San Francisco, 2009-2010

Assisting:

- Forrest Yoga with Ana Forrest at Yoga Journal Conference Moscow, Russia November 2013
- Forrest Yoga with Ana Forrest at Yoga Tree SF Foundations TT May 2013
- Forrest Yoga with Kristin Lovelace at 7th Heaven & Namaste Rockridge 2010
- Vinyasa Yoga with Les Leventhal & Howard Cohn at Yoga Tree SF 2009

## ACADEMIC EDUCATION

**University of Washington** Seattle, WA - Class of 2004  
BA in Dance *Cum Laude* & Russian Language and Literature *Cum Laude*

**Certified Yoga Instructor • Certified Health & Nutrition Counselor • Woman of Wonder**