



Yoga like love, opens closed doors. Yoga, as spirit, opens doors to willingness. Yoga, as a physical Practice, opens the unique connective-doors of body/mind/emotion waiting within each being. My work, my sustenance as a teacher is opening Yoga's many doorways in order to nurture, support, and expand a life. This alchemical transformation of the mat is linked time and again to that off the mat. Here, we learn courage to take the next step ~ be it a headstand, a longer Pranayama, an arm balance. It is like a new job, a new relationship, or a big move. We are unearthing vulnerability, resilience and a regenerative capacity to grow.

When students enter the studio door, I ask ~ "What are you seeking? What do you need? What are you willing to try?" My desire is to make their Yoga-Journey not only joyous, expansive, and courageous, but to offer a unique structure to their needs. A student once said my classes were like a prayer. I return to this time and again to listen and observe without judgment, offering to meet a body where it is, not where it thinks it should be.

I instruct beginners through advanced. I am committed to a strongly physical Vinyasa Practice with anatomical alignment, and injury-free movement. Class doorways include: Asana, Pranayama, mudra, mantra, and connecting to the earth in her seasons, and solar/lunar cycles. The art of Shakti Dances, with their emphasis of uniquely linking Asanas that dance the mat are often part of class offerings, along with the responsibility of accepting the body's needs, limitations, and gifts.



"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

SAMANTHACAMERON

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Professional Experience

DAILY BREATH YOGA SCHOOL. Founder/Program Designer/Instructor. Natick, MA Yoga Alliance 200 RYT Accreditation
The school's curriculum invites students with limited time to participate in advanced studies and/or the 200 Hour Certification process. Modules include: Asana, Sanskrit of Poses, Alignment, Sequencing, Anatomy, Subtle Body, The Sutras, Pranayama, Ayurveda, Teaching Methodology, and Assisting. A monthly Salon supports psychological and philosophical explorations.

DAILYBREATHJOURNAL.COM. Creator/Writer.

This Journal connects Yoga to life. Over 400 'Breaths' have offered an international readership the opportunity to explore ambiguity, mystery and paradox. As an Astrologer, I bring awareness of energetic forces and their affect on the body. As an alchemist, I offer bodies ways and means of changing a point of view. As a dance and Yoga instructor, I share the healing and power of movement to make the ordinary~extraordinary.

SHAKTI YOGA DANCES and SHAKTIDANCES.COM. Creator/Instructor. MA | CA | France | Spain

Shakti Yoga Dances are an original collaboration of Yoga and dance. They are 'asanas that dance the mat,' creatively weaving breath, seasonal energies, mudra, mantra, and bandha into movement. Videos and teaching manuals support the graduates of the Shakti Yoga Dance Teacher Training and Certification. I instruct internationally in Spanish, French, and English. See Shaktidances.com for videos.

WELLESLEY COLLEGE. Instructor/Advisor/Choreographer. Wellesley, MA

Instruct Modern and Jazz technique classes for beginner to advanced. Advise and choreograph for the Wellesley College Dancers. Conduct yoga wellness programs, alumni workshops and provide yoga sessions for the President of Wellesley College. Awarded 4 Multi-Media Grants for performances and workshops connecting dance to the arts: Black Womanhood at the Davis Museum | The Arts In Dance | Dancing from the Right Brain | Images of Saints & Sinners.

WORKSHOPS, RITUALS & CLASSES. Creator/Instructor. MetroWest, MA

Workshops: Shakti Yoga Dances | Opening Doors~Linking Life | Yoga Mala for Solar Aid | Yoga for NEASC/commission of Higher Education | Change Agents I & II | Yoga & Astrology | Mandalas of Yoga | Linking Asana | Partnering Trust | Heart Care | Partner Stretches | The Valentine Heart. **Yearly Rituals** at Solstice and Equinox Quadrants at Daily Breath Yoga School. **Ongoing Weekly Classes** at Laughing Dog Yoga, Wellesley, MA & Congregational Church, Wellesley, MA

SUN VALLEY DANCE. Founder/Performer/Choreographer/Instructor. Sun Valley, ID

Established Sun Valley Dance Department and Sun Valley Dance, a small touring company, as a division of the Sun Valley Arts Center. Organized and instructed classes, multi media workshops, and summer dance programs in Modern, Ballet and Jazz, and performed solos for fundraisers and summer festivals.

LAUGHING STOCK THEATRE COMPANY. Choreographer/Performer. Sun Valley, ID

ASTROLOGICAL CONSULTING PRACTICE. Natick, MA

Provide in-depth advice to an international client roster.

Education and Certifications

E-RYT 500 CERTIFICATION Led by Daniel Orlansky. The Arlington Center, MA

E-RYT 200 YOGA ALLIANCE Boston, MA

40-HOUR CHAKRA VINYASA CERTIFICATION. Led by Shiva Rea. Boston, MA

30-HOUR KRIPALU TEACHER TRAINING. Kripalu, Stockbridge, MA

40-HOUR PRANAYAMA INTENSIVE. Led by Yoganand Michael Carroll. Kripalu, MA

M.A. IN CHOREOGRAPHY. University of California Los Angeles, CA (Teaching Scholarship)

DANCE TRAINING.

NYC: Limon Company | Jennifer Muller | Mathew Diamond | Alvin Ailey Studio | Martha Graham Studio | Finis Young/Ballet

ABROAD: Luigi/ Jazz & Jazz Centre, Paris | Flamenco, Madrid



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