

Qualifications - Erika Newberry

Advanced Diploma of Yoga Teacher Training, Australian Yoga Academy (500hrs)

Certificate in Yogic Philosophy & the Universal Mysteries, Australian Yoga Academy

Laughter Yoga, Dr Kataria School of Laughter Yoga

Yin Yoga Teacher Training Level 1, Jennifer Cresenzo

Jivamukti & Universal Yoga Master-class Training (50hrs), Will Lao

Insight Yoga Yin/Yang Mindfulness Training (60hrs), Sarah Powers

Graduate Certificate of Yoga Therapy, Australian Institute of Yoga Therapy

Trauma Sensitive Yoga Teacher Training (1 day intensive), Annabel McLisky, Arthur Sharp & Shirley Hicks

Healing through Breath Centred Yoga, Leslie Kaminoff (14hrs)

Emotion Focused Therapy (EFT) for Trauma, Melissa Harte (16hrs)

Yoga for Mood Management, Anxiety & Depression, LifeForce Yoga Practitioner Training, part A, Amy Weintraub, LifeForce Yoga (33hrs)

Neurophysiology of Breathing workshop, Roger Cole (5hrs)

Trauma Center Trauma Sensitive Yoga (TCTSY) Foundational workshop for yoga teachers, TCTSY Australia (20hrs)

Trauma Center Trauma Sensitive Yoga Facilitator (TCTSY-F) Certification (300hrs), Trauma Center - Justice Resource Institute

Group Facilitation Workshop, Andrew Mournehis (12hrs)

Trauma Informed and Community Yoga, Yoga for HumanKind (60 hours)

Secondary Level Insight Yoga Teacher Training (30hrs), Sarah Powers (30 hours)

Yoga as Medicine: The Art and Science of Yoga Therapy, Dr Timothy McCall (30 hours)

