

Bonnie Elizabeth Kendrick

7123 Sanford Court
Annandale, Virginia 22003
(703)-208-1479

Yoga Resume

I began practicing Yoga in 1981 with Tom Larson, a graduate of the Sivananda Yoga Ashram, Rishikesh, India. He had also trained with Kundalini Yoga Founding Teacher, Yogi Bajan.

I graduated from the Sivananda Ashram Yoga Teacher Training Course, 1982, at the Sivananda Ashram, Val Morin, Quebec, studying with Swami Vishnudebananda and Swami Shanmugananda. Swami Vishnu (1927-1993) is the author of The Complete Illustrated Book of Yoga and Meditation and Mantras. He was the guru who headed fifty-two Ashrams and Yoga Centers worldwide.

1982 – Present – I have taught Yoga every year, except 1990.

1983-1986 – Taught one Yoga class weekly at Lorton Prison, Medium Security section, as part of the Lorton Transformation Project.

Taught one class each week at the Sivananda Yoga Center, 19th Street NW, Washington, D.C.

1986- Present – Taught Yoga weekly at St. Mark's Yoga Center, St. Mark's Episcopal Church, 3rd and A Streets, SE, D.C.

Summer 1985 - Taught three classes each week for ten weeks at two Nursing Homes (Q Street, NW, and Anacostia, Washington, D.C.) as part of a student's Ph.D. thesis in geriatrics.

July – November, 1994 and March-April, 1995 – Taught weekly Yoga class at Brittany Apartments, Alexandria, Virginia.

1998-2001 – Taught weekly Yoga class, George Washington University Weight Management Clinic.

1998-1990 – Taught weekly Yoga class, Center for Creative Non-Violence, 2nd and D Streets, NW, Washington, D.C.

1996- 2009 – Taught weekly Yoga class at the home of my dentist, Dr. Myong Cha, Vienna, Virginia.

2005- 2007 – Taught Dr. Cha's elderly parents, one of whom had Alzheimer's disease, while the other was recovering from a stroke.

2001- 2006 – Taught weekly Yoga class at St. Paul's Episcopal Church, Alexandria, Virginia.

April-June, 2001, January – March, 2002 – Taught easy Does It Yoga classes, Inova Hospital Community Classes, Beth El Temple, Alexandria, Virginia.

2002-2003 – Taught weekly Yoga class at Emmanuel Lutheran Church, Vienna, Virginia

2002-2003 – Taught three times each week at DC Yoga Studio. One class was a Yoga Nidra (deep relaxation) class.

2005-2006 – Taught weekly Yoga class to teachers at the Montessori School of Northern Virginia.

2004 – 2012 – Teaching weekly Yoga class to elderly lady, Marie Hertzberg, of Capitol Hill, NE, Washington, D.C.

Currently – Teaching two classes each week in my home Yoga Studio, and two other classes outside my home. Also teaching Seated Yoga at: The Hermitage Retirement Community, Independent Living and The Health Care Center Sunrise of Alexandria, Virginia
Braddock Glen Sunrise, Fairfax, Virginia
Tysons Towers Apartments, Vienna, Virginia

Other Education

1976 – Bachelor of Music Education, Indiana University, Bloomington, Indiana.

1980's and early 1990's – Participated in five different “Healing the Heart” seminars with Dr. John Gray, Ph.D., author of Men Are from Mars, Women Are from Venus.

1993-1994 – Took Self-Created-Guided Visualizations from Virginia Simpson, Falls Church, Virginia. Now I help other people with these wonderful inner journeys of guidance and healing.

October 6-10, 1993 – Mystics Retreat, “Timshell,” with Jerry Judd and his wife, in Pennsylvania.

October 5-9, 1998 – “Revitalizing Your Spirit” Workshop and Retreat. Option Institute, Sheffield, Massachusetts.

March 27-29, 2004 – Dream Workshop with Sandy Shapiro, Fairfax, Virginia.

May 15-16, 2004 – Pranic (Energy) healing Workshop with Shastry and Charu, Sterling, Virginia

1993 – 2016 – Almost every summer, I visited Lakota (Sioux) Native American friends in Rosebud, South Dakota. They shared their Sweat Lodge Ceremonies, Sundance Ceremonies, and other ceremonies with me. I have taken four Vision Quests (Hanbleciya) guided by Burnette Iron Shell, Medicine Man for the Iron Shell tiospaye (extended family).

January, 2007 – Attended Yoga Journal Yoga Conference for Yoga Teachers

2008 – 2010 (Saturdays when classes were in session) – Taught Yoga classes to parents of children attending The Academy of Indian Culture and Arts, Ashburn, Va.

May 30-31, 2008 – Attended “Yoga for Healing” workshop at the Satchidananda Ashram, Buckingham County, Virginia

November 11-13, 2016 – Attended Fundamentals of Teaching Yoga and Meditation in Military Communities, at the Satchidananda Ashram, with Robin Carnes and Renée Champagne.

October 19-22, 2017 – Attended 4-day seminar at The University of California at Los Angeles, *Brain Longevity Specialty Training*, created by Dr. Dharma Singh Khalsa, CEO of The Alzheimer’s Research and Prevention Foundation.

August 25-26, Oct 13-14, 2018 – Attended Aqua Kriya Yoga workshops with Camella Nair. Caroline Family YMCA, Ruther Glen, Virginia, (August), Golden Valley, Minnesota (October) (Courage Keney Rehabilitation Center).