

LAUREN ANDERSON OLIVER

ABOUT ME

As a Yoga Therapist and facilitator, I help people find better health and balance in every area of their lives. Using the practices of yoga and its sister-science Ayurveda, I create personalized protocols, classes and events that help individuals & community groups to alleviate mental and physical pain and suffering, and lead lives of vibrant well-being, connection, and service.

"I learned a tremendous amount over the time I met with Lauren. The sessions encompassed so many aspects of wellness—from yoga, to breathwork, to meditation, to diet and lifestyle! I always got so much out of each session and Lauren really listened to me to understand how I could best incorporate new techniques into my life in a practical way that made it easy to put into practice. Lauren made every session fun and so relevant." -V.C., former client



**YOGA THERAPIST,
RYT-500 YOGA TEACHER &
INTEGRATIVE WELLNESS
SPECIALIST**

EDUCATION

- 300 hour Trauma-Informed Yoga & Ayurveda YTT - *Indra Yoga Institute* 2022
- Yoga Therapy Certification - *Breathing Deeply School of Yoga Therapy* 2020-2022
- Teaching Meditations for Specific Conditions - Advanced Module - *Breathing Deeply School of Yoga Therapy* March 2022
- Backcountry Yoga Instructor Training & Intro to Wilderness First Aid - *Backcountry Yoga* 2018
- 200 hour YTT- *Yoga of Energy Flow* - 2015-2016
- Summer Intensive in Advanced Clinical Herbalism - *Farmacy Herbs* (Mary Blue) 2015
- Using Mind-Body Techniques In Clinical Practice: Applications of BHI's RR Meditation Techniques - *The Benson-Henry Institute for Mind-Body Medicine* 2015
- BA in English, letter of Specialization in Creative Writing - *University of Massachusetts Amherst (Commonwealth Honors College)* 2013
- Certificate- Culture, Health & Science with a focus on Women's Health & Traditional Herbal Medicine Systems - *The Five College Consortium* 2013
- Many CE trainings for yoga teaching, including yoga anatomy workshops, an SI-joint workshop, yoga for pelvic floor health, relief for tight hamstrings, yoga for anxiety and depression, Thai yoga massage, Cultural Appropriation in the Wellness Space, and more.

EXPERIENCE

- Yoga Therapist & Teacher at *Xhale Massage* Stow, MA 2021-Present
- Apothecary Manager at *The Rothfeld Center for Integrative Medicine* Waltham, MA 2015-2022
- Researched & Wrote the Lesson on "Common Female Ailments" for the Advanced Herbal Course from *Herbal Academy of New England* (HANE) 2015
- Yoga Teacher at *One On One Spa* Acton, MA 2019-2020
- Yoga Teacher at *Serenity in the City* Medford, MA 2016-2017
- Nutritional Supplement Specialist at *Visions Healthcare* Dedham, MA 2014-2015
- Research Assistant / Case Coordinator *UMass Amherst Department of Public Health* 2011-2013
- Co-founder and VP on the board of the 501c3 non-profit, *The BeatHeart Foundation*- 2018. As VP on the board, I helped raise money and awareness for substance use disorders and recovery, plan & hold 3 consecutive annual music & arts festivals with local talent (Jams for Jake), several "coffeehouse" music events, & 2 Naloxone education trainings. We also fully funded a scholarship in honor of our dear friend, Jake Czuczwa, which will be given in perpetuity through the Reading Scholarship Foundation.