

# Midori Hyndman

Introductory II Iyengar Certification  
Teaching Member, Iyengar Yoga Association of Canada (IYAC)  
B.A., M.Sc.

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## Yoga Training

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|-------------------|--|-------------------------------|--------------|
| 07/2008           | <b>Month-long Intensive</b>  | Iyengar Institute (RIMYI)     | Pune, India  |
|                   | <i>Teachers: Gita Iyengar, Prashant Iyengar</i>  |                               |              |
|                   | <ul style="list-style-type: none"><li>• Several hours of practice and class daily, and medical class observation</li></ul>   |                               |              |
| 09/2004 - 09/2007 | <b>Iyengar Teacher Training</b>  | Yoga Centre Toronto           | Toronto, ON  |
|                   | <i>Teacher: Marlene Mawhinney</i>  |                               |              |
|                   | <ul style="list-style-type: none"><li>• Over 700 hours of training: weekly classes and teacher discussion groups, monthly workshops, regular teaching experience</li><li>• Assisted in therapeutic yoga including specific classes for back injury rehabilitation, serious chronic ailments (scoliosis, chronic fatigue, etc.) and cardiac conditions.</li><li>• Anatomy component (including monthly assignments, animal dissection, visit to the human anatomy lab at University of Toronto)</li><li>• Philosophy component (including monthly readings and assignments, workshop with philosophy professor from University of Western Ontario)</li><li>• Annual assessment beginning with Introductory program (20 asanas), Level 1 (Intro I curriculum incl. shoulder stand), Level 2 (Intro II curriculum incl. headstand).</li><li>• Passed the national assessment for Introductory II qualification, Oct 2007.</li></ul> |                               |              |
| 01/2003 - 09/2007 | <b>Yoga Practitioner</b>   | Yoga Centre Toronto           | Toronto, ON  |
|                   | <i>Teacher: Marlene Mawhinney</i>  |                               |              |
| 09/1999 - 12/2002 | <b>Yoga Practitioner</b>   | Centre de Yoga Iyengar de Mtl | Montreal, QC |
|                   | <i>Teacher: Marie-Andree Morin</i>   |                               |              |

## Teaching Experience

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|-------------------|--|----------------------------------|------------------|
| 10/2007 - 06/2008 | <b>Introductory Class</b>  | INRIA Rhone-Alpes                | Grenoble, France |
|                   | <i>5-10 students, taught in French with occasional English translation</i>   |                                  |                  |
| 01/2005 - 07/2007 | <b>All levels</b>  | Healing Arts Centre              | Toronto, ON      |
|                   | <i>8-15 students, introductory, level 1, and level 2</i>   |                                  |                  |
| 07/2007- 08/2007  | <b>Summer Classes</b>  | Breathe Yoga Studio              | Toronto, ON      |
|                   | <i>12-15 students, introductory and level 1</i>  |                                  |                  |
| 09/2005- 05/2007  | <b>Private Group Class</b>   | Department Computer Science      | Toronto, ON      |
|                   | <i>3-8 students</i>  |                                  |                  |
| 05/2005 - 07/2005 | <b>Teen girls class</b>  | Toronto Child Abuse Centre       | Toronto, ON      |
|                   | <i>6 students, introductory class for teen girls aged 14-16</i>  |                                  |                  |
| 08/2004           | <b>Kids Yoga Workshop</b>  | Cahoots Parkdale Theater Project | Toronto, ON      |
|                   | <i>12-15 students, yoga class and related activities for students, aged 10-12.</i>   |                                  |                  |
| 01/2004- 08/2008  | <b>Substitute Teaching</b>   |                                  |                  |
|                   | <i>1-30 students</i>   |                                  |                  |
|                   | <ul style="list-style-type: none"><li>• English classes at various locations in Toronto (including Yoga Centre Toronto, Healing Arts Centre, Warrior Spirit, Foresters, Bathrust Jewish Cultural Center, Breathe, and Yoga Buds)</li><li>• French classes in Grenoble at Centre d'etudes bouddhiques</li></ul> |                                  |                  |

## Other Yoga Experience

- Backcare Workshop with Marlene Mawhinney focused on adapting asana for students with back pain and back injuries.
- Women's Workshop with Marlene Mawhinney focused on adapting asana for working with women during stages of menopause, pregnancy, and the menstrual cycle.
- Anatomy workshop in clay with Laura Allard, which focused on the hand, wrist, elbow, and shoulder.
- Workshops with Faeq Biria, Manouso Manos, Mayar Rhaz, Shirley Daventry-French, Ingelise Nherlan, Father Joe Perriera, Marie-Andre Morin.
- Month-long intensive at the Iyengar Institute (RIMYI) in Pune, India (1997)
- Interested in all styles of yoga, in particular Astanga and Vanda Scaravelli's yoga.
- Taught private yoga classes on a sailboat while crossing the Atlantic ocean from Antigua to the Azores Islands, May 2008
- Daughter of an Iyengar teacher therefore I've been surrounded by yoga and have been practicing informally with my parents for my entire life.

## Interests

- Comfortable in French, competent in Spanish
- B.A., M.Sc., former PhD candidate in Computer Science, (image processing and interpretation)
- Travelled extensively, rock climb, snowboard, beginner flamenco dancer
- Participated in a Norwegian/Canadian expedition to the Northwest Passage, Aug. 2006 - Sept. 2006