

# Colleen Millen, ERYT-500

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I teach Forrest Yoga, pre- and postnatal yoga and Yoga for Depression in the East Bay of San Francisco.

## Highlights of Experience

- I launched Blue Buddha Yoga to bring yoga to those who suffer from depression. I have led many classes, workshops and private sessions on yoga and depression, including authoring a seven-class series with companion workbook. I presented these classes in Chicago, Dallas and the East Bay of San Francisco.
- As a certified senior Forrest Yoga teacher and mentor, I have assisted Ana Forrest in her national and international workshops and teacher trainings. I have co-authored Forrest Yoga's first mentorship program (FYMP) and assisted its successful implementation as Forrest Yoga's Mentorship Program Liaison. I also co-managed Forrest Yoga's Assistant's Program.
- I earned a Level 1-2 teacher certificate from Forrest Yoga after completing nearly 600 total training hours in six months. Since that initial certification in 2000, I have taken and assisted numerous Forrest Yoga workshops. In 2006, I completed a 75-hour advanced teacher training with Ana Forrest. Every summer starting in 2007, I attend a Mentor Teacher retreat with Ana Forrest where we are trained and lead processes to teach Forrest Yoga teachers.
- In Fall 2009, I started my journey toward a Masters of Somatic Psychology degree at JFK University.
- I have completed a 50-hour Yogaworks Bridge training in 2009 to qualify to teach at its studios.
- I earned a prenatal yoga teacher certificate and license with Mamaste Yoga in 2005 and have undergone further training in postnatal and kids yoga through Samatva Yoga. Before I had received my prenatal certification, I crafted – through independent research and personal experience (I have two children) – pre- and postnatal teaching guidelines for Moksha Yoga Center's teachers and trainees.
- I received an A-average after finishing a 45-hour course, Anatomy for Yoga Teachers – a training course I co-created and organized for Moksha Yoga Center in Chicago.
- The yoga organizations in which I have trained have continually selected me to take on added responsibilities in their businesses. I have applied my communication skills, honed during a six-year journalism career, to Moksha Yoga Center and Forrest Yoga.
- Among the many fitness centers I have led classes at I earned Lakeshore Athletic Club in Chicago's Instructor of the Year Award in 2002.
- A yoga teacher for over a decade, I have been taught by many internationally-renowned yoga teachers.
- I walk my talk and feed my teaching with a daily practice of yoga asana, pranayama, meditation.

## Testimonials

"Colleen has inspired me in my journey of acceptance of all aspects of myself. She has helped me find a space where I can explore my mental health challenges from a perspective of power rather than that of victim. Her classes and teaching style push me to my limits within a compassionate framework." – **Sarah Shlakman, Plano, TX**

"I appreciate Colleen's patience, her seemingly endless patience adapting poses when I hurt or had injuries so I could learn what it felt like to feel strength in my body even though I was hurting. Many, many times I'd enter class sick or down and by the end of the class I was not only well, I was 10 years younger and 2 inches taller! I have healed many injuries and ailments by learning to listen to that part of my body instead of walling off from it ... I am now not afraid to move." – **Grace Kirby, Dallas, TX**

## Continuing Education

- Assisted Ana Forrest at the San Francisco Yoga Journal Conference, January 2011.
- Assisted Ana Forrest at the San Francisco Yoga Journal Conference, January 2010.
- Assisted Ana Forrest at Tri Yoga in London, England, December 2009.
- Assisted Ana Forrest at the San Francisco Yoga Journal Conference, January 2009.
- Assisted Ana Forrest at her Yoga Tree San Francisco Teaching Training, September 2008.
- Assisted Ana Forrest at her Yoga Tree San Francisco workshop, March 2008.
- Assisted Ana Forrest at the San Francisco Yoga Journal conference, January 2008.
- Forrest Yoga senior teacher retreat, June 2007. During the invitation-only week, helped co-author Forrest Yoga's first mentorship program. Since this initial retreat, I have continued to make a yearly pilgrimage to Ana Forrest's home to learn and lead processes related to training teachers. These retreats average 75 hours.
- Forrest Yoga Advanced Teacher Training, June 2006. Delighted in 75 contact hours with Ana Forrest at Kripalu in Lennox, Mass.
- Ana Forrest workshop, March 2006. Assisted during Ana's visit to Houston, TX.
- Ana Forrest workshop, December 2005. Assisted during Ana's visit to Boston.
- Amy Weintraub, author of "Yoga for Depression," May 2005. Trained with the guru during a private session while in Tucson.
- Ana Forrest workshop, April 2005. Assisted during Ana's return visit to Dallas.
- Mamaste Yoga prenatal yoga teacher training, January 2005. After a year of home-study work, I earned my license.
- Ana Forrest workshop, May 2004. Assisted during Ana's first visit to the Dallas area.
- Partner workshop, Mt. Diablo Yoga Center, Danville, CA, April 2004. Learned partner yoga techniques during 3-hour workshop.
- San Francisco Yoga Conference, January 2004. Assisted for 6 hours during Ana's workshops at the conference.
- Ana Forrest workshop, October 2003. Workshop included 13 hours of practice.
- Ana Forrest teacher training, August 2003. Assisted during Ana's teacher training intensives – 6 hours.
- Ana Forrest workshop, May 2003. Workshop included 10 hours of practice.
- Advanced Meditation, Invision of Chicago. Class offered 18 hours of training in clearing energy.
- Essentials of Energy class, Invision of Chicago. Class offered 15 hours of training in playing with energy.
- Ana Forrest workshop, February 2003. Weekend included 13 hours of practice.
- Midwest Yoga Conference, June 2002. Studied with Ana Forrest, Jamie Turner Allison, Ravi Singh, Vyaas Houston, Rhonda Kantor and Pandit Rajmani Tigunait.
- Ana Forrest workshop, February 2002. Weekend included 13 hours of practice.
- Ana Forrest workshop, May 2001. While seven months pregnant, flowed through 12-hours of yoga.
- Ana Forrest Yoga Teacher Training Course, August-September 2000. Around 150 contact hours with Ana Forrest.
- Midwest Yoga Conference, June 2000.

## Other Qualifications

- Experienced Registered Yoga Teacher at the 500 level with Yoga Alliance, 2007- present.
- Graduated cum laude May 1994 from Benedictine University. Major, literature/communications and minor, sociology; cumulative GPA: 3.6; dean's list 1991-1994; all-conference academic team, 1994; student-athlete of the year, 1994. Delighted in playing volleyball, basketball and softball.
- Spent most of my 6-year journalism career as a manager. In 1999, I ended that journey as an assistant features editor at the Northwest Herald in Crystal Lake, IL, where I earned many awards and accolades.

