

Degrees/Certifications that Lucy has earned in order of completion. She maintains the licenses and certifications with asterisks that allow her to provide services to others.

Bachelors Degree in Psychology and Business Administration

Masters Degree in Counseling Psychology

Minnesota Licensed Psychologist

Wisconsin Professional Counselor*

Atma Yoga Teacher-200 Hour

Meditation Teacher I & II

Yoga Nidra Teacher

LifeForce Yoga® Practitioner

Usui and Karuna Reiki Master

Devanadi Yoga Teacher-500 Hour

Ayurveda Yoga Specialist

Yin Yoga Teacher

Restorative Yoga Teacher

Experienced Registered Yoga Teacher- 500 hour*

Yoga Alliance Continuing Education Provider*

Heart Math Certified Practitioner

Trauma Sensitive Yoga Teacher

Parayoga® Level I Certification

Four Desires Trainer

Brain Longevity Therapy Therapy Specialist

Grateful for all lessons learned, below is a list of teachers that Lucy has studied with directly and indirectly. It is important to note, there are some men on this list have participated in either abuse of power, and/or complicity when women told their stories of abuse. This ultimately lead Lucy to renounce her connections with these lineages and the certifications associated with them.

Swami Alan Ajaya <http://beingawareness.org/>

Indu Aroa <https://www.yogsadhna.com/>

Susana Barkataki <https://www.susannabarkataki.com/>

Tanya Boigenzhan <https://www.devanadiyoga.com/>

Kausthub Desikachar <https://www.kausthubdesikachar.com/>

Christina Donnell <https://www.christinadonnell.com/>

Coleen (Coco) Elwood <http://coleenelwood.com/>

Dr. David Frawley <https://www.vedanet.com/>

Emily Graves <https://www.radiantbodyartsandhealing.com/>

Michelle C. Johnson <https://www.michellecjohnson.com/>

Hala Kouri <https://halakhouri.com/>

Gary Kraftsow <https://viniyoga.com/>

Matt Licata <https://mattlicataphd.com/>

Dr. Vasant Lad <https://www.ayurveda.com/>

Peter Levine <https://traumahealing.org/>

Russill Paul <https://www.russillpaul.us/>

Dharma Singh Khalsa <https://arpf.com/>

Chanti Tacoronte-Perez <https://www.yantrawisdom.com/>

Tara Cindy Sherman <https://www.taracindysherman.com/>

Tracee Stanley <https://traceeyoga.com/>

Rod Stryker <https://www.parayoga.com/>

Kathryn Templeton <https://kathryntempleton.com/>

Pandit Rajmani Tigunait <https://yogainternational.com/>

Kristine Weber <https://subtleyoga.com/>

Bessel van der Kolk <https://www.besselvanderkolk.com/>

Amy Weintraub <https://yogafordepression.com/>