

Founding Director, Megha Nancy Buttenheim, M.A., E-RYT 500

Work Experience

1995 - Present

Let Your Yoga Dance® LLC
Megha Nancy Buttenheim



Founding Director
53 Elmview Terrance
Pittsfield, MA 01201

- Presenter and facilitator of Let Your Yoga Dance® Teacher Training
- Presenter and facilitator of Let Your Yoga Dance® Teacher Training for Special Populations
 - Program designed to train teachers to guide people with Parkinson's and their care partner with a focus on the application of yoga and dance movement to manage symptoms
 - Directs teacher trainings internationally for those wishing to work with marginalized populations including the elderly, people with Parkinson's, M.S., Alzheimer's, and those overcoming effects of chemotherapy, arthritis, and depression
- Creator and Director of Let Your Yoga Dance® Teacher Training or Kids and Teens, new modality starting Sept 2016
- Presenter of dancing yoga workshop and class series, yoga-meditation retreats, corporate seminars and conferences throughout the U.S., Canada, England, Costa Rica and Australia

2012 - Present

Wholebeing Institute

Faculty: Certification in Positive Psychology with Dr. Tal Ben-Shahar

- Certification course locations: Kripalu Center for Yoga and Health, Stockbridge, MA: Geelong Grammar School, Melbourne, Australia, Northern California
- Created *Healing Through Joy* curriculum for the collaborative course: Let Your Yoga Dance – and Yoga for Positive Psychology

1984 - Present

Kripalu Center for Yoga and Health

Stockbridge, MA

- Director of Let Your Yoga Dance® Teacher Training
- Faculty Teacher Trainer
- Former Director: Kripalu Yoga Teacher Training, Kripalu School of Yoga
- 1984 – present Ongoing classes in yoga, yoga-dance, meditation at Kripalu
- 2003-2009 Led Kripalu Yoga Teacher Training – 500 Hour – Meditation Module
- 1990-1995 Former Director of Mentoring and Training for entire Kripalu Programs Faculty
- 1990 Created the Wellness Team
- 1988-1998 Former Director of Holistic Health Teacher Training
- 1984-1995 Twelve-year full time ashram resident, focusing on Karma Yoga, the yoga of selfless service

2006 - 2010

Nosara Yoga Institute

Pacific Coast, Costa Rica

- **Faculty** 500 Hour *Yoga Alliance* certified Teacher Training Course
- **Director** Let Your Yoga Dance® Teacher Training –
A module of Nosara Yoga Institute's 500 Hour *Yoga Alliance* course for yoga teachers

1998 - 2005

Canyon Ranch

Lenox, MA

Teacher/ Fitness Staff

- Led yoga classes and Let Your Yoga Dance classes for guest population
- Led seminars for fitness staff in yoga, yoga philosophy, and meditation

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Training and Education

2013	Nosara Yoga Institute <ul style="list-style-type: none">• 100 hour <i>Yoga Alliance</i> registered certification in Pranassage Yoga	Nosara, Costa Rica
2007	Mark Morris Dance Group <ul style="list-style-type: none">• Training in Dance for PD® (Parkinson's Disease)	New York, NY
2001 - 2004	Lesley University <ul style="list-style-type: none">• Master of Arts (M.A.) Yoga Dance & Expressive Movement	Cambridge, MA
2001 - 2003	Phoenix Rising Studio <ul style="list-style-type: none">• <i>Yoga Alliance</i> registered Movement Therapist, Expressive Movement Therapy certification	Bristol, VT
2000 - 2003	Shakespeare and Company <ul style="list-style-type: none">• Intensive Classical Theater Training	Lenox, MA
1994 - 1995	Phoenix Rising Yoga <ul style="list-style-type: none">• <i>Yoga Alliance</i> registered Yoga Therapy certification	Bristol, VT
1985 - 1993	Kripalu Yoga <ul style="list-style-type: none">• 200 hour RYT <i>Yoga Alliance</i> registered certification in Kripalu Yoga• 500 hour E-RYT <i>Yoga Alliance</i> registered certification in Kripalu Yoga	Lenox, MA
1981 - 1983	Jose Limon Dance Company <ul style="list-style-type: none">• Graduate dance education	New York, NY
1980-1981	Olga Dunn Dance Company <ul style="list-style-type: none">• Graduate dance education	Great Barrington, MA
1975 - 1979	Mills College <ul style="list-style-type: none">• Bachelor of Arts (B.A.) Dramatic Arts and Dance	Oakland, CA

Theatre and Dance Work Experience

Bare Bones Ensemble <ul style="list-style-type: none">• Creator & Director	Lenox, MA/Juneau, AK
Florida Studio Theatre <ul style="list-style-type: none">• Resident actor touring throughout Florida• Led a six week rehearsal and performance piece with inmates at Hillsborough Correctional Facility	Sarasota, FL
New Shakespeare Company of San Francisco <ul style="list-style-type: none">• Resident actor	San Francisco, CA
Pondside Players <ul style="list-style-type: none">• Creator & Director of children's Shakespeare company	Lenox, MA
Perseverance Theater <ul style="list-style-type: none">• Company Director of full length Shakespeare plays for kids	Juneau, AK
Shakespeare and Company <ul style="list-style-type: none">• Resident actor at The Mount (the Edith Wharton's mansion)	Lenox, MA
The Fortune Theatre <ul style="list-style-type: none">• Resident actor• Instructor of creative dramatics for children	Dunedin, New Zealand
University of Otago, School of Physical Education <ul style="list-style-type: none">• Instructor in Modern Dance and T'ai Chi	Dunedin, New Zealand

Meditation Study

Primary meditation and spiritual teacher: Sylvia Boorstein		
2013	Garrison Institute study with Sharon Salzberg and Sylvia Boorstein	Philipstown, NY
2009	Spirit Rock Meditation Center <ul style="list-style-type: none">• Month-long silent meditation retreat	Woodacre, CA
1990 – present	Ongoing ten-day meditation retreats <ul style="list-style-type: none">• Vipassana Meditation Society: in the tradition of S.N. Goenka and Sayagyi U Ba Khin• Insight Meditation Society: in the Theravada tradition	Shelbourne Falls, MA Barre, MA