

Bringing the power of yoga & mindfulness to schools!

TONYA SCHMITT

YOUTH TRAUMA SENSITIVE YOGA
& MINDFULNESS
MED LIFE SCIENCE BA BIOLOGY

TEACHING EXPERIENCE

Yoga & Fitness Teacher

Western WI & Eastern MN 2008-present

Empowering & fun classes! Design & teach classes in yoga, mindfulness, mindful eating, healthy aging, healthy eating & mind-body fitness. Large & small groups. Adults. Families. Youth.

Naturalist

Carpenter Nature Center 2017-present, 1996-1998

Writing curriculum and teaching classes for environmental education and public programs. On & off-ste. Program animal handling. Preschool through Middle School.

Substitute Teacher

River Falls School District 2017-present

Grades K-12. Primarily at RFPME. Also, Greenwood, Meyer, RFHS. Teach lessons in Math, Language, Science, Reading, Art, Phy Ed.

Science Teacher

Mounds Park Academy 2001-2002

6th & 7th grade Physical, Life & Earth Science. 10th grade Honors Biology. Active, hands-on, minds-on lessons: indoors & outdoors. 6th grade Home Room Teacher.

WELLNESS EDUCATION

YogaFit (YF), Fitness (NETA) & Mindful Schools (MS)

2018

Yoga for ADD & Autism Spectrum and Fit & Focused Kids (YF).

2017

500 hours with YF. Training includes anxiety, depression, trauma. Coursework for adults, children & teens. Graduate credits for Mindfulness in the Classroom with MS.

2014

Fitness Instructor with National Exercise Trainers Association

2010

200 hour program with YF.

ABOUT ME

Skilled, compassionate, empowering & fun yoga & mindfulness teacher!

My effectiveness as a teacher stems from my seamless integration of research-based exercise physiology and neuroscience with ancient wisdom and an abundant sense of playfulness and humor!

OTHER EXPERIENCE

Museum Educator
Aquarium Educator
Program Coordinator
Executive Director
Grant Writer
Storyteller

Highlights:

- 2016-2017 Teaching yoga to RFP Montessori families & staff through an Allina grant.
- 2018 Teaching yoga at Little Minds Learning Center RF.
- 2017-2018 Family Fun Fitness at In Balance Yoga & Fitness in RF.

CONTACT:

Mobile

715-222-5100

Email

tonya@mymindfulSOULutions.com

Website

www.mymindfulSOULutions.com