



ADAM AYERS

LMT | 500-RYT | YACEP | CPT | CES | MFR

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CURRENT CERTIFICATIONS

2019

-Yoga Alliance 500 Hour Registered Yoga Teacher

-Yoga Alliance Continuing Education Provider

-American Red Cross CPR Certified

2018

-Corrective Exercise Specialist with NASM

2016

-New York State Licensed Massage Therapist

-Federation of State Massage Therapy

Board Certified

-Certified Personal Training with NASM

2012

-Relax and Renew Restorative Yoga Teacher

2010

-Yoga Alliance Experienced Registered Yoga

Teacher

2004

-Registered Yoga Teacher with the Yoga Alliance

REFERENCES

Available upon request

Adam Ayers is a Licensed Massage Therapist, a 500-Hour Registered Yoga Teacher with the National Yoga Alliance, a Certified Relax and Renew Trainer™, a Certified Personal Trainer through the National Academy of Sports Medicine and a Myofascial Release Practitioner in the John F. Barnes' Approach. He began teaching yoga in 2001 shortly after his introduction to the practice at age 19. Since then Adam has taught throughout the United States in various venues, from well-appointed spas to corporate settings, and teacher trainings. In 2016, Adam founded YoGay Yoga, a creative program expanding the benefits of yoga to the LGBTQ community. His diverse background of study with leading teachers Francois Raoult, Judith Lasater, Ph.D, PT, Donald Moyer, Richard Rosen, and Desiree Rumbaugh yields a unique and embodied approach to teaching yoga. Adam emphasizes a playful exploration of postural alignment as it relates to the practice of breathing, meditation and deep rest. He continues learning with senior yoga teacher Francois Raoult and as a longtime and dedicated student of Judith Lasater, Ph.D, PT.

YOGA TEACHING EXPERIENCE

YoGay Yoga Owner, Director	Denver, CO	June 2016-Present
Colorado Athletic Club	Denver, CO	Oct 2019-Present
Breathe Yoga	Rochester, NY	Apr 2019-Sept 2019
Midtown Athletic Club	Rochester, NY	Oct 2014-Oct 2015
Jewish Community Center	San Francisco, CA	May 2013-July 2014
Yoga Garden	San Francisco, CA	July 2013-Jan 2014
<i>Teacher of Anatomy and Kinesiology for 200-Hour Teacher Training</i>		
Yoga & Movement Center	Walnut Creek, CA	Jan 2013-July 2014
Yoga Kula	Berkeley, CA	Dec 2012-July 2014
Club ONE	Oakland, CA	Dec 2012-July 2014
Samadhi Yoga	Denver, CO	Jun 2011-Jun 2012
<i>Co-teacher of the 200-Hour Teacher Training</i>		
MarkWest Energy	Denver, CO	Jun 2010-Dec 2012
<i>Yoga Director</i>		
Qi Yoga	Denver, CO	
Feb 2011		
<i>Co-Teacher of 200 Hour-Teacher Training</i>		
YMCA	Denver, CO	Sep 2009-Dec 2012
Pura Vida	Denver, CO	Sep 2009-Dec 2012
Cherry Creek Athletic Club	Denver, CO	Sep 2009-May 2011
Retreat House Wellness Center	Rochester, NY	July 2007-Dec 2008
<i>Studio Director/Office Manager</i>		

YOGA EDUCATION & TRAINING

Pranayama Teacher Training with Judith Lasater, PH.D, PT 20 hour	Feb 2020
Experiential Anatomy Training with Judith Lasater , PH.D, PT 20 hours	Sept 2019
300-Hour Advanced Teaching Training at Open Sky Yoga	Nov 2018-Sept 2019
200- Hour Essential Teacher Training at Open Sky Yoga	Feb 2018-Aug 2018
100-Hour Online Anatomy Training with Judith Lasater & Mary Richards	Dec 2017-May 2018
Adv. Studies Teacher Training Level II with Judith Lasater 40 hour	Mar 2016-Oct 2016
Naada Yoga Teacher Training with Francois Raoult 20 hour	Nov 2014
Adv. Studies Teacher Training Level 1 with Judith Lasater 40 Hour	Feb 2013-Dec 2013
Seeing and Understanding Bodies Teacher Training with Donald Moyer	Jan 2013-July 2013
Pranayama Teacher Training with Francois Raoult, M.A. 20 hour	Sept 2012
Restorative Yoga Teacher Training Level I with Judith Lasater	July 2012 & Sep 2007
Scoliosis Teacher Training with Elise Miller	Feb 2012
200-Hour Essential Teacher Training with Francois Raoult	Feb 2011-Sept 2011
Nonviolent Communication Training	Jan 2009-Mar 2009
Anusara Teacher Training with Christy Burnette	Feb 2004-May 2004
Anusara Immersion with Christy Burnette	Sep 2003-Dec 2003
200-Hour Anusara/Vinyasa Teacher Training with Martin Kirk	Jan 2003-July 2003
Yoga Fit Level I	May 2002

MASSAGE THERAPY EDUCATION & TRAINING

Introduction to Myofascial Release 20 hours	Nov 2018
The Fascial Pelvis 20 hours	Oct 2018
Myofascial Mobilization 20 hours	Sept 2018
Myofascial Release I with John Barnes 20 hours	Aug 2018
1000-Hour Massage Therapy Program at Onondaga School of Therapeutic Massage	Dec 2015
Massage Therapy Program at San Francisco School of Massage 20-Hour	June 2014
500-Hour Massage Therapy Program at Boulder College of Massage Therapy	Aug 2009
Reiki Training 10 Hour	Aug 2008

FRANCOIS RAOULT WORKSHOPS

Naada Yoga Intensive at Open Sky Yoga Rochester, NY Feb 2019 | 15 hours
Sustainable Yoga for Life at Open Sky Yoga Rochester, NY Feb 2019 | 15 hours
Pranayama Intensive at Open Sky Yoga Rochester, NY, Dec 2018 | 15 hours
Essential Yoga at Open Sky Yoga Rochester, NY, Nov 2018 | 15 hours
Weekend Workshop at Piedmont Yoga Studio Oakland, CA, Oct. 2012 | 13 hours
Weekend Workshop at IYCD Denver, CO, March 2012 | 13 hours
Weekend Workshop at IYCD Denver, CO March 2011 | 13 hours
Weekend Workshop at Piedmont Yoga Studio Oakland, CA, Oct.2010 | 13 hours
Weekend Workshop at IYCD Denver, CO, June 2010 | 13 hours
Home Practice Workshop at Open Sky Yoga Rochester, NY, Mar. 2008 | 4.5 hours
Iyengar Rope Workshop at Open Sky Yoga Rochester, NY, Mar. 2008 | 3.5 hours
Art of Standing and Sitting at Open Sky Yoga Rochester NY, Dec. 2005 | 4 hours

JUDITH LASATER, PH.D, PT WORKSHOPS

Relax and Renew Level 2: Therapeutic Applications of Restorative Yoga, November 2020 | 20 hours
Letting Go: The Heart of Yoga Practice Retreat | 20 hours
Taking Refuge Retreat May 2019 | 20 hours
Courageous Intimacy Retreat May 2018 | 20 hours
Moving from The Pelvic Floor at The Yoga Solution in Sacramento, CA, Dec. 2012 | 10 hours
Theory and Practice of Restorative Yoga at Piedmont Yoga Studio in Oakland, CA, Nov. 2012 | 5.5 hours
"What We Say Matters" at Yoga and Movement Center in Walnut Creek, CA, Feb. 2012 | 7 hours
Vertical and Horizontal Axis at Avalon Art and Yoga Center tin Palo Alto, CA, Jan. 2012 | 4 hours
Lumbosacral Rhythm at The Yoga Solution in Sacramento, CA, Dec. 2011 | 11 hours
Theory and Practice of Restorative Yoga at Piedmont Yoga Studio in Oakland, CA, Nov. 2011 | 6 hours

GENERAL WORKSHOPS

Somatic Yoga Workshop with Angela Farmer, Oct 2019 | 20 hours
Adaptive Yoga with Michael Amy, P.T. Jan 2018 | 30 hours
Yoga Sutras and Bhagavad Gita with Edwin Bryant, Ph.D | 15 hours
Teaching Advanced Asana with Carla Anslem, June 2019 | 30 hours
Opening the Shoulders with Ada Lusardi at The Yoga Room in Berkeley, CA April 2013 | 3 hours
Teaching Yoga to People with Disabilities with JoAnn Lyons in Walnut Creek, CA, Nov. 2012 | 2 hours
Overtone and Harmonics Concert/Workshop with Baird Hersey at Open Sky Yoga in Rochester, NY Oct. 2008 | 8 hours
Ayurveda Workshop with Dr. Robert Svoboda at Open Sky Yoga in Rochester, NY May 2008, | 12.5 hours
Anatomy in Clay with Laura Antelmi, Director of Boulder Yoga and Certified Iyengar Yoga Teacher, 2008-2011 | 35 hours
Weekend Workshops with Tias Little, Feb. 2006 and March 2010 | 15 hours
Yoga Philosophy Lectures with Professor Douglas Brooks, 2003-2008 | 37 hours
Iyengar Yoga Workshops with Elise Miller, April 2002 and 2003 | 10 hours