



Tracy Toon Spencer

TLLtoon@aol.com

Registered (Yoga Alliance) and Insured Yoga Instructor. Anusara Trained .

Private and group instruction. All levels. Fertility, Prenatal and Postnatal/Mom and Baby.

Degrees/Certifications/Training

- October 2005 John Friend Anusara Level 2 Teacher Training
- February 2005 John Friend Anusara Level 1 Teaching Training
- October 2004 Mary Barnes Pre- and Post-natal Teacher Training
- June 2004 John Friend Therapeutics workshop
- Spring 2004 Private study of Yoga for Fertility with Ellen Saltonstall
- Spring 2004 YogaBaby Training with Deansin Parker, Phd.
- Spring 2004 Anusara Hands-on Adjustments with Amy Ippoliti
- April 2004 Douglas Brooks Philosophy Studies
- October 2004 Douglas Brooks Philosophy Studies
- Fall 2003 Anusara Yoga Teacher Training with Amy Ippoliti.
- Fall 2003 Anusara Yoga Immersion with Amy Ippoliti
- Spring 2003 Anusara Yoga Immersion with Amy Ippoliti
- Spring 2003 Sanskrit Studies with Manorama
- Fall and Spring 2003 Douglas Brooks Philosophy Studies
- Spring 2000 B.A. Columbia University, magna cum laude
Major: Literature/Writing, Minor: Psychology

I have been practicing many yoga styles for the past 20 years, including Sivananda, Jivamukti, Astanga, Bikram, Vinyasa. I have gratefully learned so much from

Experience

- January 2004-present Karma Kids Yoga, NYC: weekly Mom and Baby classes (2mos-1yr)
World Yoga, NYC: weekly Prenatal and Fertility Yoga classes
- January 2004-Spring 2005 Goodson-Parker Wellness Center, NYC: Adult, kids (age 10+) and YogaBaby classes
Fertility yoga as part of the Harvard Body-Mind Wellness Program Couples Retreat
- 2000-present I own my own personal coaching business, and work with individuals and groups to create and sustain positive life and career changes. My website: www.fertilelifeny.com