

Judith Le Fay Curriculum Vitae

*Mother...Wellness Teacher...Massage Therapist...Yoga Instructor
Writer and Storyteller*

1983-Present

*The State of Texas License
Texas Cosmetologist Esthetician
Skin Care Specialist
The State of Texas License
Texas Cosmetologist*

1993

*Dallas Texas
Hand and Foot Reflexology*

1995-Present

*Usui Shiki Ryoho Reiki Massage
Master 1st Degree 1995
Master 2nd Degree 1995
Master 3rd Degree 1996*

1996-Present

*Licensed Massage Therapy
Texas Department of State Health Services
Anatomy and Physiology
Hydrotherapy
Business Practices
Ethics
Swedish Massage
Clinical Practice
Joint Mobilization
Health and Hygiene*

January, 1996

*Palestine Texas
Basic Iridology and Muscle Testing*

1996-Present

*Essential Oils in Practice
2002 Classifying Doshas & Aromatherapy
CEU's Texas Massage Therapy Essential Oils*

February 14, 2004 Valentines Partner Yoga Class

*February 25, 2004 Office Yoga Program
Review and New Classes*

*March 2004 "Yoga for Joints"
Texas Specialist Yoga Center"*

*August, 2004 Treatment of Pain Disorders Symposium
Gallatin Valley Pain and Rehab Center
Bozeman, Montana
Harold Bolnick MD Sponsor*

*September, 2004 "Chakras: Gateway to the Soul"
Yoga Classes*

*February 2005 Kathak Indian Classical Dance
Austin, Texas
Shila Mehta
"Art is a Bridge to the values of life"*

*2005 Partner Yoga Flow
Mark and Gloria Uridel
Uriyoga*

*2005 Texas Specialist Yoga Center
New revised Classes Occucare and TSC*

*December, 2005 Teacher Yoga Certification
Living Yoga Austin, Texas
Donna Belk, Charles MacInerney, Ellen Smith*

*December, 2005 Yoga Sports Program
Texas Specialist Yoga Center
Elite Gymnastics
Austin, Texas
Lecture – Breathing in the Zone.*

*2006 Texas Specialist Yoga Center
Continues Classes
Active Community Outreach
Preceptor Yoga Students "hours"*

2006 "BEST YOGA CENTER"
Readers Choice

March, 2007 Basic Watsu
Harbin Springs, California
Shiatsu Water Massage

May, 2007 Hospital Medical Center
Lecture- "Medical Therapeutics of Yoga"
Home Desk Stress reduction

October, 2007 Yoga and Breast Awareness
Yoga Classes
Donation all to Breast Awareness/Cancer

November, 2007 Natural Health and Wellness Fair
Nacogdoches, Texas
7S Yoga Center

August, 2008 Wilderness Medicine
Big Sky Montana
American College of Emergency Physicians
4 Day Course Lectures

2008 -2010 State School "Faculty and Staff"
7S Yoga Center
On-site classes

2008 Alabama Cochatta Indian Reservation
7S Center Yoga Classes

2008-2014 Private Yoga Instructor
Yoga Alliance
Yoga Studio – East Texas Property
Private Studio Classes
Nursing – Beginners Yoga

August, 2010 Omega "Being Yoga"
Rhinebeck, New York
Lillias Folan Gary Kraftsow
Kaline Alayna Kelly Shiva Rea
Gurmukh Kaur Khalsa Scane Corn
Kirtan Wau Kelly McGonigal

August, 2010 The Way of Story Omega, Catherine Ann Jones

*2011 Aerial Yoga Beginners Class Introduction
Austin, Tx. New equipment*

*2010-2014 Private Yoga Instruction
Private Classes Home Studio*

*January, 2014 Tantric Wellness|Healing
Chandra Bindu Tantra Institute
Dawn Cartwright Director
Level 2 Immersion
Woodacre, California*

*Oct-Dec, 2014 Continuing Education – College
Creative Writing Forum
Jane Kermani Instructor|Advisor*

*September, 2015 The Yoga Institute
Advanced Yoga Studies
Lex Gillan Richard Seager
Santa Fe, NM
"Remembering The Ancients"*

*Nov 2015-2017 Stephen F. Austin University
Stress Reduction Lecture Series
Freshman Classes and Honor class*

*March, 2017 Texas State Massage Conference
Waco, Texas
"Introduction to Barefoot Massage"
"Intro to Shiatsu"
"Mu-Xing Therapy"
"American Red Cross CPR/AED"*

Aug-Sept 2017 John Perkins Lecture Series "Touch the Jaguar"

Yoga Instructor|Wellness|Massage|Storytelling

35 plus years interest in Yoga and health awareness.

*21 Years experience as a licensed Massage Therapist, 21 years
Reiki|Healing Touch Level 3 Master. Nationally certified in Yoga
Approved techniques for Yoga, meditation, stress reduction
and exercise. Living Yoga Program. Storyteller and Writer.*