

Melanie J. Williams

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Current Yoga Employment:

- Yoga Teacher at Sun Moon Yoga Studios, Ashtanga and other styles, 2003-present
- Yoga Study Faculty at Sun Moon Yoga, 2003-present
- Yoga Teacher Training Chakra workshop presenter, 2000-present

Yoga Teacher Training Programs presented for:

- Sun Moon Yoga Studios, Mankato, MN
- Green Lotus Yoga Studios, Lakeville, MN
- Yoga Okoboji, Spirit Lake, Iowa

Programs Created and Developed:

- 7 Week Chakra Class, 2003-present, live and tele-seminar,
- 6 Week Beliefs Class, 2005-present, live and tele-seminar
- EFT, Tapping Classes, 2007-present, live and tele-seminar
- 7 and 9 Month Spiritual Mentorships, 2008-present
- Tele-Seminar Mentorship Programs, 2012-present, available internationally
- 10 Week Class on Yamas and Niyamas, 2013
- Numerous self development workshops, 2000-present
- On line membership site promoting wellness, 2013
- Blog at website, The Pearl Within, at melaniejwilliams.com, promoting personal growth and conscious living, 2010-present

Private Sessions:

- Almost 3 decades of working privately with clients, 1984-present
- Included: Massage, Ortho Bionomy, Reiki, Aromatherapy, Energy Psychology, EFT (Emotional Freedom Technique) and Spiritual Mentoring sessions.

Certifications I offer:

- Usui Reiki Tradition; Reiki I, II, III and Master Level Training since 1996
- Karuna Reiki Tradition; Practitioner and Master level since 2003

Yoga Certifications and Study:

- 2000: 200 hr. Yoga Certification with Mona Cenicerros, Sun Moon Yoga Studios, Mankato, MN

Week Long Studies:

- 2005: Ashtanga Teacher Training, Michael Gannon; Minneapolis, MN
- 2010: Ashtanga Intensive, Tim Feldman, Kino McGregor; Miami Life Center, Miami, FL
- 2012: Ashtanga practice, Patrick Nolen, Alexandra Santos; Miami Life Center, Miami, FL

Workshops and Intensives:

- 2005: Manju Jois, Ashtanga
- 2007: Michael Gannon, Ashtanga
- 2009: Matthew Sweeny, Ashtanga
- 2009: Seane Corne, Detox Yoga
- 2010: Tim Feldman and Kino McGregor, Ashtanga
- 2011, 2012: Tim Feldman, Ashtanga

Formal Education and Certifications:

- 1974: B.A in Music Education, Augustana College; Sioux Falls, SD
- 1996-1997: Certified Usui Reiki Master from Deb Schubert; Colorado Springs, CO
- 2000: Re-took all Reiki Level Certifications from Mary Sturgis; St. Paul, MN
- 2003: Certified Karuna Reiki Master from Michael Baird and Laurelle Gaia; Sedona, AZ
<http://infinitelight.com/infinite/>
- 2006-2007: Level I and II EFT (Emotional Freedom Technique) Certifications, Valerie Lis; Mpls, MN
<http://www.coursesforlife.com/>

Energy Psychology Studies and Mentorships:

- 1988-1999: Deeply immersed in the self study of alternative healing modalities. Classes and workshops in various forms of bodywork, aromatherapy, homeopathy, whole food nutrition, herbs and more.
- 1997, 1998 and 1999: Attended The International Reiki Retreat. Studied with William Rand, Laurelle Shanti Gaia, Michael Baird, Walter Lubeck and many other top Reiki Practitioners and teachers
<http://www.reiki.org/>
- 1997-1998: Level I Mentorship with Deb Schubert, Spiritual Teacher and Mentor; Colorado Springs, CO
- 2003-2004: Level II Mentorship with Deb Schubert, Spiritual Teacher and Mentor; Colorado Springs, CO
- 2008-2009: 2 years of study with Relationship Coaches, Paul and Layne Cutright; Santa Fe, NM
<http://paulandlayne.com/>
- 2010: Relationship Study with Kathleen Woodward Thomas and Claire Zammit
<http://evolvingwisdom.com/>
- 2011: Relationship Study with Rori Raye
<http://www.havetherelationshipyouwant.com/>
- 2012: Law of Attraction Study with Eva Gregory and Jeanna Gabellini, LOA Coaches, CA
<http://www.abundanceabounds.com/>