

# LIZ LEUTHNER

## **Certified Iyengar Yoga Teacher (2012-present)**

**NAMA Yoga, Portland** » [namayoga.org](http://namayoga.org)

Teaching method emphasizes alignment and the development of self-awareness through precision in movement and attention to the subtleties of body, breath, mind, and spirit.

- weekly classes open to all: YMCA, Portland Yoga Studio, and Yogavé
- free weekly class for Portland recovery community: Wednesdays at HopeGateWay
- private classes at treatment programs: Crossroads, Portland & The Plymouth House, Portland

## **YOGA & RECOVERY: Workshops & Lectures**

*Weekend Workshop: Listening with Silence – A Women’s Recovery Retreat*  
exploring new 11<sup>th</sup>-step practices through deep soul work with silence and heart; includes yoga sessions  
The Alcyon Center, Seal Cove, ME (April 2017)

*Weekend Workshop: Introducing Silence & the Heart*  
co-taught silence/heart awareness meditation and related practices  
The Alcyon Center, Seal Cove, ME (3 weekends in 2017)

*Lecture: Yoga & Recovery: Sutras, Steps and a Spiritual Solution*  
Multiple Pathways of Recovery Conference, Connecticut Community for Addiction Recovery  
Mystic, CT (2016)

*Lecture: The Yoga of Recovery*  
Maine Professionals Health Program Conference  
Portland, ME (2015)

*Weekend Workshop: Living Together in Heart*  
exploring new forms of community through spiritual practices including yoga and meditation  
The Alcyon Center, Seal Cove, ME (4 weekends in 2015)

*Lecture: The Yoga of Recovery & Resilience*  
HOPE Conference, hosted by Maine Alliance for Addiction Recovery  
Augusta, ME (2014)

*Panel Discussion: Substance Abuse in the Community and Spiritual Approaches to a Solution*  
Healthy Oxford Hills Conference on Addiction  
South Paris, ME (2013)

## **EDUCATION**

Certified Iyengar Yoga Teacher (CIYT), Iyengar Yoga National Association of the United States  
Yoga of 12-Step Recovery (Y12SR) Intensive Training Certification with Nikki Myers  
200-hr Yoga Teacher Certification, Bhava Yoga School  
MA/ABD, American and New England Studies, Boston University  
AB, American Civilization, Brown University