

Ashley McKeachie MA, C-IAYT, E-RYT 500

amckeachie@occ.cccd.edu

Education

- Master's Degree in Yoga Studies, Loyola Marymount University, August 2015-2017
- Yoga Therapy Rx 800 Hour Clinical Certification, Levels 1, 2, 3, 4, Loyola Marymount University, Los Angeles, CA, October 2011-2014
- The Breathing Space Viniyoga Teacher Training, 250 Hour Certification, Los Angeles, CA, May 2013
- Larry Payne's Prime of Life Yoga, 50 Hour Certification, Los Angeles, CA, April 2012
- Hot Power Fusion Teacher Training, 200 Hour Certification, Core Power Yoga, Huntington Beach, CA, December 2011
- Power Yoga Level 2 Teacher Training, 32 Hour Certification, Core Power Yoga, Irvine, CA, November 2011
- Yoga Sculpt Teacher Training, 100 Hour Certification, Core Power Yoga, Huntington Beach, CA, October 2011
- Core Restore Teacher Training, 20 Hour Certification, Core Power Yoga, Huntington Beach CA, July 2011
- Power Teacher Training, Core Power Yoga, 200 hour Certification, Huntington Beach, CA, May 2011
- Lakshmi Voelker Chair Yoga Teacher Training, Newport Beach, CA, May 2011

Employment

- Yoga Educator, Rise Yoga HB, Huntington Beach, CA, December 2016-present
- Yoga Therapist, Orange County Pain and Wellness Center, Santa Ana, CA, June 2015-present
- Yoga Instructor, Spectra Yoga, Costa Mesa, CA, 2015-present
- Adjunct Yoga Professor, Orange Coast College, Costa Mesa, CA, 2014-present
- Loyola Marymount University, Clinical Mentor for Level 4 Yoga Therapists, Los Angeles, CA, 2015-2016
- Yoga Therapist, University of California, Irvine, Men's Basketball Team, Irvine, CA, 2013-2015
- Part-Time Faculty, California State University, Dominguez Hills, Carson, CA, Fall 2015
- Yoga Therapist, Venice Family Clinic, Los Angeles, CA, 2014
- Teacher Training Lead, Core Power Yoga, Huntington Beach, CA, 2013
- Extensions Coach, Core Power Yoga, Huntington Beach, CA, 2013
- Wellness Cleanse Coach, Core Power Yoga, Huntington Beach, CA, 2012-2013
- Yoga Instructor, Core Power Yoga, Costa Mesa and Huntington Beach, CA, 2011-present
- California State University, Long Beach (CSULB), Student Recreation & Wellness Center, Long Beach, CA, Yoga Instructor, 2011-2013

Continuing Education

- Krishnamacharya Essentials, Amy Wheeler, 2017-present
- Yin Yoga Certification, Melissa Christensen, 2017
- Chakra Workshop, Kori Strobl, 2016
- Amy Wheeler, Yoga Therapy Case Studies, 2016- present
- Amy Wheeler IAYT Grandfathering Practicum, 2013-2014
- Ayurveda Skills for Living, The Breathing Space, Eleni Tsikrikas, 2013
- Wanderlust Festival, Canada 2013
- iRest Yoga Nidra Workshop, Richard Miller, 2013

- Yoga Alliance Conference 2012
- All About the Feet, Sherry Brouman, 2012
- Wanderlust Festival, Colorado, 2012
- The Art of Adjusting and Ganesha's Gateway: A Hip Workshop, Erika Burkhalter, 2012
- Your Next Fifty Years, Max Strom, 2012
- This Magic Moment, Alexandria Crow, 2012
- Advanced Pranayama Techniques, Surendra Mehta, 2012
- East/West Nutrition Essentials for Yoga Teachers, Terra Gold, 2012
- Advanced Bodywork for Yoga Therapists, STAMP workshop, Eden Goldman, 2012

Yoga Teaching Styles

- Chair Yoga
- Gentle Yoga
- Hatha Yoga
- Power Yoga
- Restorative
- Vinyasa
- Yoga Therapy
- Yin

Yoga Mentors

- Robert Birnberg, Chris Chapple, Larry Payne, Heather Peterson, Lori Rubenstein-Fazzio, Amy Wheeler

Languages:

- English (Fluent)
- Italian (Fluent)