

Marcee Gutman- Ballantyne E-RYT500 YACEP

More than 2,800 hours of study
23 years of teaching

MARCEE E-RYT 500, YACEP (Yoga Alliance Continuing Education Provider)

Founder, Owner, Teacher

Yoga: 23 years teaching experience

- Anusara Certification (1,326 hours with 1,125 hours direct study with Anusara founder, John Friend)
- Shambhava School of Yoga Certification (200)
- Para Yoga and *The Four Desires* (868 hours total with 835 hours of those hours direct study with Para Yoga founder, Rod Stryker)

Ayurveda:

- 100 hour Lifestyle Counselor certificate with Arpita Shah
- 96 hours study with Katie Silcox
- 48 hours study with Cate Stillman
- 68 hours study Melonie Housman

Particular Interests: Teaching Hatha-Tantra, dogs, morning comics and sunrise walks

Personal Quote: *“Every day I try to be like my dog TuTone. I stretch often, love and laugh, dig deep into my dharma and then jump high to catch the ball of joy.”*

Quotes by Students:

“Marcee’s extensive education, deep personal practices and warm personality created the perfect environment for me to learn to honor myself and see my potential.” aj

“Marcee taught me how I could replace fear with courage, and weakness with confidence.” jd

Bet you didn’t know: Marcee has drawn caricatures at festivals around the country that are hanging in homes all around the world.

Bonus fact: Marcee’s curls are natural and she lets God do the highlighting.

EXECUTIVE SUMMARY

Marcee has multiple certifications in Yoga, Ayurveda and Meditation. Her focus is primarily on teaching,

1. Anusara’s “Universal Principles of Alignment”, (the foundation for practicing yoga safely)
2. Para Yoga’s “Balancing the Nervous System” (essential for health and happiness)
3. Restorative and Nidra Yoga’s “Centering the Breath & Mind” (healing for body, mind and spirit)

Marcee has many long-time students because of her deep knowledge, diverse experience, naturally nurturing personality and love of teaching. Students also comment on how fun Marcee makes her classes and that what they learn in class they can use in every aspect of their lives.

ANUSARA YOGA STUDIES

TEACHER	TRAINING	LOCATION	NUMBER OF HOURS
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<u>1999</u>			
John Friend	Teacher Training	Albuquerque, NM	47
John Friend	Classes	Estes Park, CO	12
John Friend	Teacher Training	Park City, UT	47
<u>2000</u>			
John Friend	Workshop	Scottsdale, AZ	30
Jamie Turner-Allison	Workshop	Boulder, CO	11
Jamie Turner-Allison	Private Session	Edwards, CO	1
John Friend	Workshop	Park City, UT	36
John Friend	Classes	Estes Park, CO	12
John Friend	Classes	Austin, TX	18
Jamie Turner-Allison	Workshop	Boulder, CO	4
Jamie Turner-Allison	Workshop	Pueblo, CO	11
John Friend	Therapy Training	Park City, Utah	38
John Friend	Training	Park City, Utah	8
Jamie Turner-Allison	Workshop	Denver, CO	5
John Friend	Workshop	Park City, UT	36
John Friend	Classes	Estes Park, CO	8
John Friend	Workshop	Albuquerque, NM	12
Anthony Bogart	Workshop	Pueblo, CO	10
Jamie Turner-Allison	Workshop	Pueblo, CO	10
	Awarded Anusara Affiliation Certificate	Houston, TX	
John Friend	Therapy training and Level 1 and Level 2 Workshops	Portland, OR	24
Jamie Turner-Allison	Workshop	Pueblo, CO	10

John Friend	Advanced Training Workshop	Cedar City, UT	36
Jamie Turner-Allison	Workshop	Edwards, CO	10
Sianna Sherman & John Friend	Workshop	Park City, UT	36
John Friend	Classes	Estes Park, CO	14
Anthony Bogart	Workshop	Pueblo, CO	10
John Friend	Therapeutics Workshop	Potomac, MD	30
John Friend	Workshop Level 2	Potomac, MD	6
Jamie Turner-Allison	Guided Practice	Pueblo, CO	3
Jamie Turner-Allison	Workshop	Pueblo, CO	10
John Friend	Level 1 & 2 Workshop	Park City, UT	4
John Friend	Teacher's Gathering	Park City, UT	28
	Earned Anusara Yoga Teacher Certification	Houston, TX	
Anthony Bogart	Therapy Training	Grand Junction, CO	10
<u>2003</u>			
Desiree Rumbaugh	Classes	Vail, CO	10
John Friend	Workshop	Park City, UT	36
John Friend	Workshop	Park City, UT	36
John Friend	Classes	Estes Park, CO	14
Anthony Bogart	Workshop	Pueblo, CO	10
Jamie Turner-Allison	Advanced Training	Edwards, CO	10
<u>2004</u>			
Desiree Rumbaugh	Private Session	Pueblo, CO	2
Desiree Rumbaugh	Therapy Training	Pueblo, CO	2
Desiree Rumbaugh	Assist with Workshop	Pueblo, CO	10

John Friend	Apprentice Level 1 Teacher Training	Tucson, AZ	30
John Friend	Workshop	Tucson, AZ	8
Jamie Allison	Workshop	Pueblo, CO	11
John Friend	Workshop	Denver, CO	10
John Friend	Assist with Workshop	Denver, CO	8
John Friend	Workshop	Park City, UT	36
Desiree Rumbaugh	Yoga Workshop	Park City, UT	24
John Friend	Apprenticed Level 2 Teacher Training	Silver Spring, MD	24
John Friend	Private Classes	Silver Spring, MD	6
John Friend	Workshop	Silver Spring, MD	6
Jamie Turner-Allison	Workshop	Edwards, CO	10
<u>2005</u>			
Desiree Rumbaugh	Therapy Class	Pueblo, CO	3
Desiree Rumbaugh	Workshop Assistant	Pueblo, CO	10
Anthony Bogart	Workshop	Pueblo, CO	10
Desiree Rumbaugh	Workshop	Albuquerque, NM	10
John Friend	Master Immersion	Denver, CO	12
Noah Maze	Therapy Training	Santa Fe, NM	13
Jamie Turner-Allison	Workshop	Pueblo, CO	10
<u>2006</u>			
Desiree Rumbaugh	Therapeutics Workshop	Pueblo, CO	13
Anthony Bogart	Workshop	Pueblo, CO	10
John Friend	Immersion	Denver, CO	28

John Friend	Workshop	Denver, CO	6
Jamie Allison	Workshop	Pueblo, CO	10
John Friend	Workshop	Santa Fe, NM	8
<u>2007</u>			
Desiree Rumbaugh	Workshop	Pueblo, CO	13
John Friend	Master Immersion	Denver, CO	28
John Friend	Workshop	Denver, CO	10
Anthony Bogart	Workshop	Pueblo, CO	9
Jamie Allison	Class	Edwards, CO	2
John Friend	Workshop	Santa Fe, NM	10
John Friend	Therapy	Santa Fe, NM	18
Jamie Allison	Workshop	Pueblo, CO	17
<u>2008</u>			
Desiree Rumbaugh	Workshop	Pueblo, CO	15
John Friend	Workshop	Estes Park, CO	9
Ross Rayburn	Class	Estes Park, CO	2
Denise Benitez	Class	Estes Park, CO	2
Denise Benitez & Betsy Downing	Class	Estes Park, CO	2
Desiree Rumbaugh	Class	Estes Park, CO	2
John Friend	Therapy Training	Santa Fe, NM	28
Jamie Turner-Allison	Workshop	Pueblo CO	16
<u>2009</u>			
Desiree Rumbaugh	Workshop	Pueblo, CO	15
John Friend	Workshop for Teachers	Denver, CO	28
<u>2010</u>			

Desiree Rumbaugh	Workshop	Pueblo, CO	15
John Friend	Workshop	Estes Park, CO	9
Ellen Saltonstall	Workshop	Estes Park, CO	5
Jamie Allison	Workshop	Estes Park, CO	1
Noah Maze	Workshop	Estes Park, CO	2
Todd Norian	Workshop	Estes Park, CO	2
Jamie Allison	Workshop	Pueblo, CO	11
<u>2011</u>			
Desiree Rumbaugh	Workshop	Pueblo, CO	5
Jamie Allison	Workshop	Pueblo, CO	7
<u>2012</u>			
Desiree Rumbaugh	Workshop	Pueblo, CO	10
			1,326

PARA YOGA STUDIES

TEACHER	TRAINING	LOCATION	NUMBER OF HOURS
<u>2006</u>			
Rod Stryker	Marma Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	4
<u>2007</u>			
Rod Stryker	Yoga Sutras Master Training	Carbondale, CO	40
Rod Stryker	Kundalini Master Training	Carbondale, CO	40

Rod Stryker	Yoga of Fulfillment Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	4
<u>2008</u>			
Rod Stryker	Vinyasa Krama Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	4
<u>2009</u>			
Rod Stryker	Tantra Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	4
<u>2010</u>			
Rod Stryker	Prana Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	4
<u>2011</u>			
Rod Stryker	Vinyasa Krama Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	4
<u>2012</u>			
Rod Stryker	Prana Master Training	Carbondale, CO	40
Rod Stryker	Kundalini Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	4

<u>2013</u>			
Rod Stryker	Koshas Master Training	Carbondale, CO	40
Rod Stryker	Four Desires Master Training (as a trainer)	Carbondale, CO	40
Pandit Rajmani Tiganait	Pranayama Workshop	Denver, CO	2
Rod Stryker	Hanuman Festival	Boulder, CO	6
Rod Stryker	Hatha-Tantra Workshop	Estes Park, CO	6
<u>2014</u>			
Rod Stryker	Four Desires Master Training (As a trainer)	May	40
Rod Stryker	Guruparampara Master Training	Carbondale, CO	40
Rod Stryker	Prana Shakti Master Training (Assistant)	Carbondale, CO	40
Pandit Rajmani Tiganait	Pranayama Workshop	Denver, CO	2
<u>2015</u>			
Rod Stryker	Koshas Master Training	Carbondale, CO	40
Rod Stryker	Four Desires Master Training	Carbondale, CO	24
Rod Stryker	Sri Vidya Master Training	Carbondale, CO	40
Rod Stryker	Hatha-Tantra Workshop	Denver, CO	10
<u>2017</u>			
Rod Stryker	Four Desires Master Training Teleconference	Carbondale, CO	6
Rod Stryker	Hatha-Tantra Workshop	Denver, CO	10

<u>2018</u>			
Rod Stryker	Yoga Nidra Master Training	Carbondale, CO	36
Rod Stryker	Kundalini Master Training	Carbondale, CO	36
Rod Stryker	Hatha-Tantra Workshop	Denver, CO	12
Rod Stryker	Hatha-Tantra Workshop	Denver, CO	10
TOTAL			868

AYURVEDA STUDIES

TEACHER	TRAINING	LOCATION	HOURS
<u>2010</u>			
Cate Stillman	Ayurvedic Living Course	Online	96
<u>2012</u>			
Katie Silcox	Cultivation of Prana Shakti	Pueblo, CO	12
<u>2013</u>			
Katie Silcox	Life is Inherently Beautiful	Pueblo, CO	12
<u>2014</u>			
Katie Silcox	Prana and the Moon, Sun and Ayurveda	Pueblo, CO	12
<u>2016</u>			
Katie Silcox	Spanda Vinyasa	Pueblo, CO	12
<u>2018</u>			
Arpita Shah	Yoga & Ayurveda Lifestyle Counselor Training	Pueblo, CO	100

<u>2018</u>			
Melonie Housman	Ayurveda Workshops	Pueblo, CO	68
Total hours			312

MEDITATION

TEACHER	TRAINING	LOCATION	HOURS
<u>1997</u>			
Paramahansa Yogananda	Kriya Meditation Certificate	Los Angeles, CA	102
<u>2004</u>			
Sally Kempton	Meditation Workshop	Park City, UT	24
<u>2005</u>			
Sally Kempton	Meditation Workshop	Santa Fe, NM	4
Total Hours			130
<u>1996</u>			
Shambhava Yoga	Teacher Training	Rollinsville, CO	200