

Deborah Lonick – Biography

Vinyasa Flow and Hatha Yoga Specialist

- *Help clients reduce back pain, increase strength, stability and mobility.**
- *Promote healing from difficulty, trauma, and illness through proper yoga techniques, perseverance and proper mind-body connection.**
- *Counseling and support for behavior modifications, letting go of negative issues, making holistic life and mindset changes.**
- *Sessions for tracking results through individual discussions, charting successes in weight loss, inches lost, energy-level increases, happiness, and positive changes.**
- *Instruct and conduct hands-on nutrition, healthy eating programs, and tips for reducing sugar, eliminating unhealthy foods, and finding satisfaction in healthy cooking at home.**
- *Conduct lunchtime energizing and stress-relieving yoga/breathwork in the workplace for happier employees.**

NETA-Certified Yoga Instructor – Vinyasa and Hatha and Yoga for Healing

ACE-Certified Life and Health Coach (2003-present)

ACE-Certified Group Fitness Instructor (1996-present)

Certified Personal Trainer (1998-present)

Certified Functional Movement Screening Expert (2013)

Public speaker and event coordinator for wellness through healthy choices

BS – Business Admin./Home Economics & Nutrition – UW-Stout