

Betsy Thomson

Certified Integral Yoga /Meditation Instructor
Certified Reiki/Kuruna Therapist/ Master Teacher * Psychic/Intuitive counselor *
Reconnection Practitioner

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Training:

B. A. Theatre & Speech, DeSalles University, Center Valley, Pa.1981

Reiki certification 1997, studies with Rachel Pollack 2000, studies with Louis Madrona at the Open Center NYC 2001, Vipassana Meditation 1994-on going (Meditation training with S.N. Goenka, teachings of Sayagyi U Ba Khin,) Sharon Salzberg, Insight Meditation Center/Tibet House, Lama Surya Das, David Nichturn-Shambhala Meditation Center, NYC, Dr. Rick Hanson, author of The Buddha's Brain, NYC

Reconnective Healing with Dr. Eric Pearl 2004 Certified Kuruna Ki Master and teacher 2003 - Training in Jin Shin Do Acupressure 2002- (on going) -**Integral Yoga Basic Teachers Training, Hatha I 2006 Satchidananda Ashram, Buckingham, Va.**

MEDITATION INSTRUCTOR

In NYC, I have conducted sits in the parks, yoga studios and at private gatherings. I have taught special meditation programs for seniors, teens, adults and children.

2001- I have taught privately and held open group sits for adults/teens and children in NYC and surrounding areas. My focus as a teacher is to introduce the student to the teachings and practice of mindfulness meditation, enabling them to obtain greater inner peace and balance while cultivating a deeper sense of self awareness along with better concentration.

2006-2008 I taught yoga/mindfulness meditation at **Bellevue Hospital, NYC.** I taught both employees and woman and children in the WIC program.

2006- I taught mindfulness meditation and arts & crafts to children at the *Beacon Summer Camp, in the Bronx, NY*. The children were 7-12 years old. We met daily for the duration of six weeks during the summer. I started class with brief meditations. During class we would do mindful breathing and talk about creating mindfully.

2009 - In August 2009 I held an all day open meditation sit for adults and parents with children. This was held in the **Ghandi Park at Union Square, NYC**. I led guided meditation as well as people could sit and meditate on their own.

2010 -2013 In 2010 I taught a six week intro to mindfulness workshop at **STUDIO 116, in Quakertown, Pa.** as well as a four week intro to mindfulness there February 2011. The workshop was open to adults/teens and children (parents with children). I have also taught meditation classes at **Greenshire Art Consortium, Quakertown, Pa.** One workshop was for only adults. I ran a workshop specifically for children 7-12 years old. We had discussions about mindfulness, did mindful activities and played games which helped them develop awareness. We also practiced mindful breath meditation, sound meditation and metta. In 2012 I taught two workshops in mindfulness at **Sundog Yoga, Doylestown, Pa.** for adults.

2013 - I ran and taught at *ZEN DAY, help at Surprise Lake Camp in Cold Spring, NY*. The age range of about 250 campers was 7-16 years old. Each group of kids attended a 30 minute class with me. We had open discussion about meditation, Zen and mindfulness. We did mindful breathing practices, breath meditation, sound and body scan meditations.

**I am the author of MEDITATION, MY FRIEND. You can learn more about my book at www.meditationmyfriend.com*

Related Work Experience:

1990- (on going) I have worked as a professional psychic/intuitive counselor/medium in NYC. I have clients in the USA as well as a broad. Those that are not local I work with via e-mail and phone. Please read my web site for more detailed information. <http://www.tarot-card-psychic.com/>

1997- I have been working with clients (adults and children) as a Reiki/body therapist, energy healer in New York, Pennsylvania and Belfast Ireland. In 2002 I spent time with members of the Belfast Fire Department, in order to educate myself further regarding stress management among fire fighters. I incorporated into my therapy sessions reiki, acupressure, yoga movement, breath work, aroma therapy and *mindfulness meditation*.

2001-2003 I was a stress counselor for members of the FDNY. I worked with members that were affiliated with the events of 9/11. I worked both in firehouses and at ground zero. *In 2002 I was nominated as New Yorker of the week for the extensive therapy work I was doing with the FDNY.*

2002 I was hired by *Project Liberty* as an stress-outreach-counselor in regard to 9/11. I continued working with FDNY under *Project Liberty* and with the Asian community in Chinatown, NYC. I taught meditation and yoga to other counselors at *Project Liberty*.

2003 *Curves for Women*, 14th Street, NYC. I taught mindfulness meditation/yoga and stress management workshops. I taught yoga/mindfulness meditation and yoga at *City Fitness* in NYC.