



Alexandra Epple

— alexandraepple.com —

Community health educator, health coach & Thai bodyworker.

Profile

Alexandra is a community health educator, health coach and Thai Bodyworker. She moved to the US in 1999 from Germany with a Business degree in her pocket and unexpectedly turned into a healer. She has been a yoga teacher since 2002, Thai Bodyworker since 2003, Ayurvedic Practitioner since 2010 and recently got certified as a Yoga Health Coach.

- Clinical Ayurvedic Specialist
- Certified Yoga Teacher
- Certified Massage Therapist & Teacher
- Certified Yoga Health Coach

Business training & work:

This seems unrelated to healing but really it isn't. Building a business is about bringing spiritual principles into practice. It is the most demanding spiritual journey she has been on thus far.

- 4 year Masters degree in European Business Studies, Germany and England
- Event Director at the Teton Wellness Festival, 2004-2008, a 4 day event presenting well-known speakers such as Deepak Chopra, Wayne Dyer, Caroline Myss and many others.
- Two year business study with Thrive Academy
- Two year business study with www.yogahealer.com

Fun facts about Alexandra:

- At the age of 21, she lived in Jakarta, Indonesia by herself for 6 months to complete an internship with a German development project.
- She moved to the US at the age of 23, arriving with 2 suitcases and \$2,000 in her pocket.
- In 2008, she did a solo bike-tour going from Thailand, via Laos to Vietnam where she met with her 65 year old mom. • Together, they cycled from North Vietnam to South Vietnam. FUN!!!
- She holds a green belt in Kung Fu San Soo - watch out when you see her on the street :)

Meditation & evolution of consciousness

- Vipassana Meditation: completed three 10 day silent retreats and attended regular sits from 2005-2008
- Vedic Astrology: Completed Level 1 & 2 of Jyotish study with Freedom Tobias Cole (Science of Light).
- Student of Arjun Serneels, Tantric meditation teacher and Hindu priest, with whom is studying Hindu ritual and meditation

Ayurveda training & experience

- ✓ **Clinical Ayurvedic Specialist and Pancha Karma Specialist**, California College of Ayurveda since 2011.
- ✓ **Herbal Apprenticeship Program**, California College of Ayurveda, 2009.
- ✓ **Completed Mentorship program with Dr. Claudia Welch**, Feb-Aug 2015.
- ✓ **Completed Healthier Hormones Course with Dr. Claudia Welch**, Jan 2015.
- ✓ **Certified Yoga Health Coach, Worldwide Organization of YogaHealth Coaches with Cate Stillman**, since 2016.
- ✓ **Bi-yearly Ayurvedic Yoga detoxes with Cate Stillman**, 2004- 2008

She is currently a faculty member at the California College of Ayurveda and mentor in the Living Ayurveda program with Cate Stillman.

Yoga training & accomplishments

- ✓ **Completed over 1,000 Yoga Teacher training hours and hundreds of Yoga Immersion hours**
- ✓ **Certified Anusara Inspired Yoga teacher from 2005 - 2012: Main teachers Sianna Sherman, John Friend, Anthony Bogart, Neesha Zollinger, Desiree Rumbaugh**
- ✓ **Certified Yoga therapist with Atma Vikasa, Mysore, India (3.5 months full time training/360 hours)**
- ✓ **Certified Bikram Yoga instructor, Los Angeles (9 week full time training/500 hours)**
- ✓ **Certified Yoga Teacher, Swami Vivekananda Ashram, Bangalore India (1 month full time training/240 hours)**
- ✓ **Completed three Anusara yoga therapy trainings with Sianna Sherman, John Friend and Anthony Bogart**
- ✓ **AcroYoga training with Jason Nemer and Jenny Sauer-Klein.**
- ✓ **She ran her own Bikram yoga studio in Jackson, WY and taught regular. Anusara inspired yoga classes from 2002 - 2012**

Bodywork training & accomplishments

- ✓ **Certified Massage Therapist in the state of California.**
- ✓ **Certified Ayurvedic Bodywork Therapist, Pancha Karma Specialist & Marma Therapist, California College of Ayurveda, since 2009.**
- ✓ **NCBTMB approved provider (teacher) for massage therapy continuing education since 2006**
- ✓ **Completed more than 800 hours of Thai massage training in Nepal, Thailand and Laos: Main teachers include Asokananda (Harald Brust), Arno L'Hermite, Robin Thapa, Lek Chaya and PichestBoonthumbe**
- ✓ **Completed the Thai Massage Circus with Arno L'Hermite et al in Laos, 1 month - full time, Jan 2008**
- ✓ **Completed various hands on healing programs: Chi Nei Tsang (Chinese Belly massage), Chivutti Thirunmal (Ayurvedic Massage with the feet, traditionally practiced on martial artists), Reiki I**

She has practiced Thai massage extensively since 2004 and successfully created and instructed a 160-hour Thai Massage training program since 2005. She is the lead Ayurvedic body therapist at Sivananda Yoga Ashram, Nevada City, CA since 2010