

# **Bridget Puchalsky L.Ac.**

## **MTCM E-RYT 500**

Santa Cruz, CA [bpuchalskylac@gmail.com](mailto:bpuchalskylac@gmail.com) 970.406.1704

### **EDUCATION**

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**Five Branches University** | Santa Cruz, CA

Master's Traditional Chinese Medicine | 2013

**Mount Madonna Institute** | Watsonville, CA

300 Hour Teacher Training | 2010

Certificate Level Ayurveda Practitioner | 2010

Ayurveda Health Counselor | 2009

**University of Michigan** | Ann Arbor, MI

B.S.E. Civil and Environmental Engineering | 2001

**Colorado Mountain College** | Breckenridge, CO

Continuing Education Sciences & Arts | 2008

**Axis Yoga Institute** | Denver, CO

200 Hour Teacher Training | 2007

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### **WORK EXPERIENCE**

**Bridget Puchalsky L.Ac.** | Santa Cruz, CA

Acupuncturist, Herbalist, Ayurveda Practitioner | 2010 – Present

**JOY of Yoga 300 Hour Core Faculty** | Los Gatos, CA

Ayurveda Essentials, Meridian Yoga, Four Season Intensives | 2017-Present

**Breathe Together Yoga** | Los Gatos, CA | Yoga Instructor | 2015 – Present

**Pacific Cultural Center** | Santa Cruz, CA | Yoga Instructor | 2010 – Present

**Luma Yoga & Family Center** | Santa Cruz, CA | Teacher Training Instructor & Yoga Instructor | 2014-2018

**Divinitree Yoga** | Santa Cruz, CA | 2012-2014

**Pleasure Point Yoga** | Santa Cruz, CA | 2012

**In Shape Fitness** | Watsonville, CA | 2011-2013

**Bridget Puchalsky Yoga** | Breckenridge, CO | 2007 – 2010

**Meta Yoga Studios** | Breckenridge, CO | 2010 - 2012

**The Lodge & Spa** | Breckenridge, CO | 2007 – 2009 | **Beaver Run Resort & Spa** | Breckenridge, CO | 2007 – 2010 | **Terra Hotel** | Jackson Hole, WY | 2008

**Breckenridge Recreation Department** | Breckenridge, CO | 2007-2010

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*Teaching Styles Offered:* Vinyasa | Yin | Restorative | Alignment Based | Flow | Yoga 1-3 | Qi Flow | Qi Gong | Ayurveda Based Yoga | Meridian Yoga | Iyengar Inspired

*Trainings & Workshops Taught* Seasonal Cleanses | Inversion Workshops (Breathe Together, Luma, Pacific Cultural Center, Divinitree Yoga) | Health through the Seasons | Introduction to Ayurveda (Breckenridge Community Center, Luma Yoga, Five Branches University) | Functional Anatomy Teacher Training (Luma Yoga) | Introduction to Chinese Medicine (Mount Madonna Institute) | Yoga Teacher Training 200 hour | Introduction to Ayurveda for Yoga Teachers (Axis Yoga, Luma Yoga, Breathe Together Yoga)

### **PERSONAL EXPERIENCE**

#### **Yoga Intensive Studies**

Tias Little Anatomy of the Vayus | Winter Day Long | Fall Intensive | Anatomy of the Subtle Body | Shiva Rea Tending the Heart Fire | Maya Lev Solstice Intensives | Yin Yoga with Sean Guinan L.Ac. & Amy Seidewand | Mount Madonna Center Retreats: New Year's, Summer Retreat, Fall Retreats & Spring Teaching staff | Chuck Miller Asthanga Intensive | Yoga Conference Studies: Judith Hanson Lasater | David Swenson | Desiree Rumbaugh | Gary Kraftsow | Sean Corne | Richard Freeman Weekend Study | John Friend Intensive Sadhana Series Santosh Powell | Sanskrit Studies Dr. Manisha Kshisagar | Philosophy Studies Mount Madonna Center | Alignment Based Yoga with Christina Sell | Spirit Rock Meditation | Solstice Intensives with Kofi Busia | David Swenson Asthanga Intensives | Jules Mitchell Yoga Anatomy at Luma Yoga | Jules Mitchell Yoga Anatomy at Breathe | Christina Sell at Yoga Within | Yoga as Medicine Dr. Timothy McCall |

#### **Taiji & Qigong Training**

Qi Gong Level 1 & 2 Lee Holden L.Ac. 2012 2014 | Taiji Wild Goose Narrye Caldwell L.Ac. 2013 | Taiji Chen Style Dr. Jaime Marquez 2012 | Qi Gong Dr. Bill Helm 2015 2016 2017 |

#### **Intensive Medicine Studies**

National Ayurvedic Medical Association Ayurveda and the Mind | Nogier Auricular Systems | Fertility Acupuncture Jane Lyttleton | Dan Kalish Functional Medicine | Abdominal Acupuncture FB University | Kiiko Masumoto Seminars | Pacific Symposium 2015-2017 | Five Element Spirit Points with Mary Lyell L.Ac. | Trigger Point Acupuncture Marketa Bilkova | Marketing and Business Development Dr. Marilyn Allen | Master Tung Seminar with Brad Whisnaut L.Ac. | Orthopedic Assessment Jamie Chavez L.Ac. | Ethics in Acupuncture 2017 | Safety in Acupuncture 2017 | Muscle Channel Technique Dr. Frank He 2016 | Psychiatry and Psychotherapy from TCM & Western Perspective FBU 2015 |

#### **Continuing Education Travel**

Breathe, Love, Serve in Northern India w/ Jennifer Prugh & Prajna Vieira | Breathe Together Ladakh with Jennifer Prugh |

#### **Certifications**

NCCAOM Diplomate of Chinese Medicine (Herbology, Acupuncture, & TCM) | California Acupuncture Board Licensee # 15909 | National Ayurvedic Medical Association Practitioner Certification 2010- Present | ERYT-500 Yoga Alliance 2011- Present | BLS Provider CPR & First Aid