

Celeste Boran-Fetch, BSW, RSW, SEP

Certified Yoga Teacher/Somatic Experiencing Practitioner

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Yoga Teacher Certification

200 Hour Yoga Teacher Training

May – August 2020

Traditional Yoga Studies – Online via Zoom

Instructor: Brenda Feuerstein

Sacred Ground Yoga Teacher Training

August 2010 – September 2011

200 Hours

Joos Yoga School – Ancient Spirals Retreat Centre, Saskatoon, Sk.

Instructors: Jan Henrikson (Director), David Newman (Durga Das), Manorama, Georg Feuerstein, Carl Straub

Personal Yoga Practice

Home Practice

2008 to present

Includes asana, yamas and niyamas, study, and meditation

Learning online with my primary teacher Brenda Feuerstein attending yoga asana, meditation, etc.

Flow Yoga Classes with Karen Skoronski

January 2002 - April 2010

Attended one to three times weekly

Additional Classes

Attending full registered sessions with teachers such as Cherish Daschuk, Tammy Fulton, Pam Nelson, and Patricia Dewar since 2010

Drop-in classes whenever I have the opportunity

University Education

Bachelor of Social Work (BSW)

University of Regina

2003

Teaching Experience

Independent Yoga Teacher

Teaching specialized classes for prenatal, mother/baby, parent/tot, mother/daughter & child, and kids

Teaching drop-in public classes in Restorative, Yoga Nidra, Yin, Vinyasa, Hatha, Flow

Teaching for First Nations including James Smith and Montreal Lake

Teaching at schools such as WJ Berezowsky, P.A.C.I, and King George for staff and students

Additional Workshops

Yoga Anatomy

February 2010
20 hours
Regina, Sk.
Instructor: Greta Geeta

Teaching Basic Asana Certification

July 2010
20 Hours
Saskatoon, Sk.
Instructor: Kathleen Podiluk E-RYT

Reiki Level I

February 2012
10 hours
Prince Albert, Sk.
Instructor: Douglas Purcell

Mamata Prenatal Yoga Teacher Training

March/April 2012
85 Hours
Saskatoon, Sk.
Instructor: Clare Newman

Reiki Level II

February 2013
10 hours
Prince Albert, Sk.
Instructor: Douglas Purcell

Embody the Flow

May 2013
25 Hours
Saskatoon, Sk.
Instructor: Adri Kyser

Anatomy of the Spine

July 2013
22 Hours
Sherwood Park, Alta.
Instructor: Judith Lasater

Pain and Therapeutic Yoga Practices

November 2013
30 Hours
Regina, Sk.
Instructor: Neil Pearson

Mindfulness Counselling Strategies

February 2014
12 hours
Saskatoon, Sk.
Instructor: Vicki Enns

Critical Alignment Therapy Level 1

May 2014
12 hours
Saskatoon, Sk.
Instructor: Gert van Leewen

Lila Vinyasa: Art of Sequencing

October 2014
28 hours
Saskatoon, Sk.
Instructor: Clara Roberts-Oss

Yoga Nidra Level One

February 2016
16 ½ hours
Grandora, Sk.
Instructor: Brenda Feuerstein

Restorative Yoga Training

March 2016
40 hours
Regina, Sk.
Instructor: Andrea Peloso

Somatic Experiencing Beginning Level 1

September 2016
24 hours
Saskatoon, Sk.
Instructor: Linda Stelte, Med SEP

Somatic Experiencing Beginning Level 2

January 2017
24 hours
Saskatoon, Sk.
Instructor: Linda Stelte, Med SEP

Somatic Experiencing Beginning Level 3

March 2017
24 hours
Saskatoon, k.
Instructor: Linda Stelte, Med SEP

Somatic Experiencing Intermediate Level 1

July 2017
24 hours
Saskatoon, Sk.
Instructor: Linda Stelte, Med SEP

Teaching Kids Yoga Level 1

September 2017
20 hours
Saskatoon, Sk.
Instructor: Donna Freeman

Somatic Experiencing Intermediate Level 2

November 2017
24 hours
Saskatoon, Sk.
Instructor: Linda Stelte, Med SEP

Somatic Experiencing Intermediate Level 3

February 2018
24 hours
Saskatoon, Sk.
Instructor: Linda Stelte, Med SEP

Yin Yoga Training

March 2018
50 hours
Saskatoon, Sk.
Instructor: Vincent Lu

Restorative Yoga Training (Assistant Role)

March 2018
20 hours
Saskatoon, Sk.
Instructor: Andrea Peloso

Somatic Experiencing Advanced Level 1

June 2019
36 hours
Sidney, B.C.
Instructor: Linda Stelte, Med SEP & Kathy Kain

Somatic Experiencing Advanced Level 2

November 2019
36 hours
Victoria, B.C.
Instructor: Linda Stelte, Med SEP & Kathy Kain

Online Training

The Roll Model® Training

February 2022
16 hours
Instructors: Laurie Streff & Alison Pignolet

Trauma Center Trauma Sensitive Yoga Foundational Training

April 2021
20 hours
Instructor: Nicola Mosley

Yoga & Psyche – Where Somatic Experiencing Meets Yoga

November 2020
24 hours
Instructor: Marianna Caplan

Yoga Nidra for Pre and Post-natal Teacher Training

October 2020
10 hours
Instructor: Brenda Feuerstein

Yoga Nidra for Children Teacher Training

January 2020

10 hours

Instructor: Brenda Feuerstein

Trauma-Informed Yoga Nidra Level Two

May - July 2019

50 hours

Instructor: Brenda Feuerstein

Yoga Nidra Level One

May - July 2018

21 hours

Instructor: Brenda Feuerstein

Psycho-Social-Emotional Literacy for Yoga Teachers

September 2017 – June 2018

40 hours

Instructor: Livia Cohen-Shapiro

Toeing the Line: Embodied Ethics for Yoga Teachers

May 2017

6 Hours

Instructor: Livia Cohen-Shapiro

How to Keep Your Shit Together and Help Everyone along the Way: Trauma Sensitive Teaching

May – June 2014

9 hours

Instructor: Livia Cohen-Shapiro

Embodied Psychology for Yogis

February 2014

10 hours

Instructor: Livia Cohen-Shapiro