

# KARINA MIRSKY

Mind-Body Educator, Clinician & Wellness Entrepreneur for 25 years

+1-269-370-5486

karina@karinamirsky.com

Kalamazoo, MI

karinamirsky.com

## EXPERIENCE

### Wellness Entrepreneurship & Business Management

2024 - present Founder & Lead Educator, Chronic Pain Clinics -- pop-up corporate wellness  
2018 - 2024 Developer, Yoga Mindset Coaching -- online coach training  
2003 - 2023 Owner & Director, Sangha Yoga, LLC -- first Kalamazoo yoga studio & training school

### Curriculum Design, Teaching & Presentation

2011-present Digital Media Producer -- [Insight Timer](#) | [Elevent](#) | [Yoga International](#)  
2008 - 2023 Traveling Presenter in Yoga Trainings & Annual Retreat Leader  
2010 - 2017 Adjunct Professor to IMA graduate students -- Antioch University Midwest  
2001 - 2020 Bi-Annual Presenter to over 1000 Holistic Health students - Western Michigan University

### Private Practice in Mental Health & Somatic Therapy

2009-2024 *Interventions* -- IFS, Mindfulness-Based CBT, Yoga Therapy, Spiritual Coaching, Breathwork  
*Specialties* -- Burnout, Chronic Pain, Stress, Grief, Anxiety, Relationships & PTSD

### Community Leadership

2022 - 2023 Secured \$100K grant for job training scholarships for BIPOC & LGBTQ+ yoga students  
2021 - 2024 Founded ASPS: Abuse of Spiritual Power -- international online support group  
2020 - 2021 Hosted monthly, on-donation Collective Healing events via Zoom through COVID-19

## EDUCATION

**Masters of Arts in Contemplative Psychology**  
Antioch University Midwest -- 2009

**Bachelors of Business Administration**  
*Management | Minor, Holistic Health*  
Western Michigan University -- 1998

## TRAINING & CERTIFICATION

- Yoga Alliance E-RYT 500 & YACEP
- Religious Trauma Certification -- (est. June 2024)
- Nervous System Solution -- 2023-2024
- Internal Family Systems-Inspired Coaching -- 2018
- Integrative Inner Systems Therapy -- 2004-2010

## PROFESSIONAL SKILLS

- Curious & Compassionate Leadership
- Exceptional Verbal & Written Communication
- Seasoned Educator & Group Facilitator
- Big Picture & Critical Thinker
- Active Listener | Creative Problem Solver
- Photo, Video, Audio Editing & Graphic Design

## TECH SKILLS

- Microsoft Office 365
- Google Suite
- Zoom | Google Meet
- Canva | WIX
- Trello | OpenAI
- Email Clients

## ETHOS

- Client-Centered
- Trauma-Informed
- Equitable- & Inclusive
- Relational & Engaging
- Holistic & Innovative
- Clear, Kind & Direct

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## MEDIA HONOR HIGHLIGHTS

|           |                         |  |
|-----------|-------------------------|--|
| 2019-2024 | Power of Meditation     | Annual summit presenter                  |
| Mar 2023  | Talk America Radio      | Women's empowerment - interview          |
| Oct 2019  | IFS Annual Conference   | <i>Yoga Interventions in Therapy</i>     |
| May 2019  | Mind-Body-Spirit Summit | <i>The Yoga of Relationships</i>         |
| Jan 2016  | Spirituality & Health   | <i>100 Trailblazers in Yoga</i>          |
| Nov 2014  | Yoga Beyond the Poses   | <i>Self Compassion - interview</i>       |
| Dec 2012  | Huffington Post         | <i>Yoga for Disabilities - interview</i> |
| Nov 2012  | Yoga International      | Magazine Cover Model                     |
| July 2012 | Origin Magazine         | Inspire Series                           |
| Mar 2008  | Yoga Journal            | <i>21 Famous Top Yoga Teachers in US</i> |

## PUBLICATION HIGHLIGHTS

|           |  |                                     |
|-----------|--|-------------------------------------|
| Sep 2021  | Abuse of Power in Yoga (3 article series)                  | 29,000 reads on Medium              |
| Aug. 2018 | <i>Make a Difference &amp; Make a Living Teaching Yoga</i> | 5-Stars on Amazon                   |
| Oct 2015  | <i>The 61 Point Relaxation</i>                             | 59,000 plays on Insight Timer       |
| Aug. 2011 | <i>A Meditative Moon Salute</i>                            | 216,300 reads on Yoga International |