



yogahealer.com

## CATE STILLMAN

founder & owner operator  
Clinical Ayurveda Specialist  
Certified Yoga Instructor

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### PROFILE

Entrepreneur Ayurvedic practitioner and certified yoga teacher with a worldwide vision for community wellness education, Cate Stillman has grown Yogahealer steadily since 2001 into a vibrant worldwide online posse of yoga practitioners who want to practice personal and community wellness.

### EDUCATION + EXPERIENCE

- **Clinical Ayurvedic Specialist and Pancha Karma Specialist since 2001**

Graduated from California College of Ayurveda in 2001 and certified as a Clinical Ayurvedic Specialist. Practicing as an Ayurvedic Practitioner and community wellness teacher since 200. Practiced Pancha Karma with clients from 2001-2012.

- **GRADUATE OF DR. VASANT LAD'S GURUKULA PROGRAM in INDIA in 2004**

- **CERTIFIED ANUSARA YOGA TEACHER 2006-2012.** Teacher of Anusara Immersions until 2012.

- **COMPLETED 2 YEAR IYENGAR YOGA TEACHER TRAINING in 2001**

### ENTREPRENEURSHIP

#### FOUNDER YOGAHEALER.COM — 2001 - CURRENT

- Yogahealer is a progressive global online Ayurveda resource with informative blog and podcast for yoga teachers worldwide. Yogahealer.com offers courses, books and events in a practical yet progressive series for community health evolution.

- **FOUNDER OF YOGAHEALTHCOACHING.COM 2013** Created a turn-key business coaching program for yoga teachers to earn a healthy income and accelerate the wellness trajectory of their students.

- **LIVING AYURVEDA COURSE 2008- CURRENT, OPERATOR** The 9 month annual Living Ayurveda Course is a progressive live interactive and online course for yoga teachers and serious students worldwide. Averaging 100 graduates a year, Living Ayurveda is geared to giving yoga moms and yoga teachers Ayurvedic wellness wisdom with an intergenerational and living foods approach. Over half of the participants are yoga teachers. The course is online and teleconference.

- **YOGIDETOX.COM — 2007- CURRENT, OPERATOR**

Bi-Annual teleconference live courses offered after the Spring Equinox and Fall Equinox to guide yoga students through a living foods Ayurveda Cleanse. We use a Ning forum and Maestro Conference to communicate. The Spring Yogidetox 2011 had 175 students

worldwide Thirty yoga studios worldwide are hosting the Fall 2011 Yogidetox live via webinar.

- **BUSINESS MENTOR FOR YOGA TEACHERS + HEALERS- SINCE 2010** 7 month online course with 1-1 support for yoga teachers to make a bigger impact and a bigger income is taught annually.
- **MAMABIRTHING.COM FOUNDER/TEACHER** Created an online course and support resources for prenatal and postpartum mothers to incorporate Ayurvedic self-care, Anusara Yoga, and meditation. Launched Feb. 2011.
- **AUTHOR: CHILDREN'S BOOKS ON AYURVEDA** Good Morning Yogis and Baby loves oil massage.. Good Morning Yogis guides families through the Ayurvedic morning routine and is available at Amazon.com

## **EDUCATION**

**Academy of Evolutionaries** with Craig Hamilton, US 2009-2011

**Certified Anusara Yoga Teacher**, 2006 (Anusara Yoga currently has the most structured and challenging Yoga certification worldwide). Expert in Yoga Therapy.

**Ayurvedic Gurukula Program** with Dr. Vasant Lad, Pune, India 2006

**California College of Ayurveda**, Grass Valley, CA Pancha Karma Specialist 2001

**California College of Ayurveda**, Grass Valley, CA Clinical Ayurvedic Specialist 2001

**Iyengar Yoga Institute Teacher Trainer Program**, 1999-2001

**Carleton College**, Northfield MN, BA in International Relations, 1995

## **REFERRALS**

John Friend, founder **Anusara Yoga** ([john@anusara.com](mailto:john@anusara.com))

Craig Hamilton, founder **Integral Enlightenment** ([craig@integralenlightenment.com](mailto:craig@integralenlightenment.com))

Betsey Downing, Head of Anusara Yoga Certification,  
[betsey@gardenoftheheart yoga.com](mailto:betsey@gardenoftheheart yoga.com)

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