



Additional Staff Biographies Color Me Yoga® 200 Hour School

Dr. Elayne Daniels RYT

Self-esteem, girls development, eating disorders



Dr. Daniels is currently in full-time private practice in Canton, Massachusetts. She has taught several psychology courses at the university/college level, has published research in many professional journals, and co-authored a book chapter on women's health. She has been the recipient of research grants and has presented her research at professional conferences nationwide, in such cities as Los Angeles, Newport, Hartford, Atlanta, Indianapolis, New Haven, Boston, and New York City. She has appeared several times as the featured guest on The Susan Wornick Show and frequently conducts workshops in the community, school settings, and for physicians and other professional and social groups.. Dr. Daniels completed pre-doctoral, postdoctoral, and advanced postdoctoral fellowships at the Yale University School of Medicine, where she was also employed as a psychologist prior to opening her private practice. She remains a consultant to the Eating Disorder Clinical Research Program at Yale.

Laura Malloy RYT

Special Needs

Bringing Yoga Into Schools



Ms. Malloy is Director of Yoga Programs at the Benson Henry Institute for Mind –Body Medicine Education Initiative program. She is a licensed independent clinical social worker, specializing in working with children and their families. Laura has worked for over 12 years specifically for children with special needs, such as autism, developmental delays, and behavioral issues.

She earned her BA in Psychology from the University of Massachusetts, Amherst and her MSW from Salem State College. Ms. Malloy is also a certified Kripalu yoga teacher and is certified in yoga therapy from the Rocky Mountain Institute for Yoga and Ayurveda in August of 2008.

Her specialty areas include yoga for stress reduction and health promotion, and bringing mind/body stress reduction strategies into school settings.

Shirley Pantoliano

RYT, E-RYT

Nutrition



Shirley is a Registered dietitian, an Experienced Registered Yoga teacher with specialty training in yoga for children and yoga for weight management. She holds a Master's Degree in Health Promotion. She was manager of a hospital based weight loss program, a contributing writer for the "New England Journal of Medicine" and has been a guest lecturer for the Emory University School of Medicine to train "physicians to be" in the benefits of wellness .As lead yoga instructor at the Merrimack Valley YMCA she successfully developed, implemented, and marketed yoga programs for children ages 0-crawling, 1-3, 3-5, 6-8, and 8-12, as well as yoga mini-camps and yoga/cooking classes. This past year she launched her own nutrition/yoga company, Balance From Within at www.BalanceFromWithin.net and is now leading YOGAspirit®'s Yoga Youngsters training program.

Diane Cella

MSN, RN Certified Pediatric Nurse(CPN), Registered Yoga Teacher(RYT)

Yoga for Children with chronic or serious illness

Yoga in Hospital Settings

Dianne has been practicing Hatha yoga since 1979 and certified in a 200 hour yoga program from the Maha Yoga Center in Bridgewater MA. in 2001 She has studied astanga and kundalini yoga as well. Dianne has been a practicing pediatric nurse at Children's Hospital for greater than 30 years. She is a member of the Integrative Therapies Team at Children's and has practiced yoga and Reiki with the children, families and staff for the past five years. Dianne has practiced an adapted form of yoga with children with a wide range of illnesses and disabilities such as Anorexia Nervosa, Cystic Fibrosis including children awaiting lung transplantation, pneumonia with tracheotomy, children with paraplegia, adolescents addicted to opioid such as heroine and cocaine and to their parents. She has offered guided imagery, relaxation technique and meditation to staff, patients and families. Children, their families and staff report a great benefits from doing yoga such as stress reduction, better sleep, more patience with families and strength building.

Amy Jao

Acupuncture/Meridians

Amy is licensed by the [Massachusetts Board of Registration in Medicine, Committee on Acupuncture](#) and nationally certified by the [NCCAOM](#). She received her B.A. in Biology and Environmental Studies from Providence College in 1995 and her M.Ac. in Acupuncture from New England School of Acupuncture in 2000. Her graduate study focused on Chinese and Japanese styles of [acupuncture](#), and in her practice she combines elements of these styles to achieve optimum results for each individual person.

Stephanie D'ArcangeloDalmer

Pre/post natal



Stephanie is a dedicated yoga instructor on a continuous path of learning. She earned her 200-hour Yoga Alliance approved Yoga Teacher Certification through Robin's Yoga & Healing Center. She then earned her Prenatal Yoga Teacher certification through Focal Point Yoga, and Color Me Yoga® for children & Chakra Yoga certifications through Endless Possibilities Yoga & Dance. Stephanie teaches a holistic and interdisciplinary style of hatha yoga, and has been teaching yoga to adults, children, and prenatal for several years in the area, and now teaches independently as Drishti Yoga & Wellness

Lynda Fairbanks Atkins

Grant writing and Non-Profits.



Lynda Fairbanks Atkins is an experienced manager, trainer, and leader in for profit and not-for-profit organizations. Following years in the for-profit sector in general management, service quality management, training, marketing, and PR, Lynda turned her talents to professional fundraising and fundraising management, where she has spent over twelve years. She has built departments and raised money in arts, education, and faith-based settings both large and small. She has worked with individual donors, corporations, and foundations and has researched, written, and guided successful grant proposals.

Lynda is the co-founder and President of New England Light Opera, a small professional performing arts organization, an active volunteer, a singer, and a yoga lover. She will offer her knowledge about finding funding support in a highly interactive way, so bring your questions to her presentation.

Perkins School for the Blind ongoing staff - teaching yoga to visually impaired
Beverly School for The Deaf ongoing staff- teaching yoga to hearing impaired.

