
CAREER SUMMARY

Developed and facilitated programs, classes and workshops in yoga and wellness
For general and specialized populations

Delivered programs on Yoga and MS for the National Multiple Sclerosis (MS) Society.
Present in MS support groups and statewide conferences.

Taught nursing theory and clinical skills in a community college environment
Responsible for curriculum and instruction in behavioral health, addiction and recovery,
medical surgical, maternal child and fundamentals of nursing
Worked as a professional psychiatric and Public health nurse

YOGA TEACHING CREDENTIALS

8-Limbs Yoga Centers, Enrolled in a 500 hour yoga teacher training

Yoga Tune Up, Level 1 certification, June 2012

Kripalu Center for Yoga and Health, 200 hour yoga teacher training, August 2000

The Center for Yoga of Seattle, Level 1 & 2 yoga teacher training, Iyengar focus, 1996

PROFESSIONAL NURSING EDUCATION

Clarkson College, Omaha, NE., MSN in Nursing Education, April 2001.

Boston University School of Nursing, Boston, MA. BSN, May 1986

YOGA CLASSES and YOGA BASED WELLNESS PROGRAMS

September 1994 to Present: ***Teaching hatha yoga and Yoga Tune Up classes***

December 1996 to Present: ***Development and presentation of yoga based wellness program.*** Yoga Based classes and workshops utilizing a variety of modalities. Topics have include:

Food Issues, body image and weight management.

Self-care and Self-care for the caregiver

Yoga Tune Up Ball Workshops

Adaptive yoga for people living with chronic illness or injury

PROFESSIONAL ORGANIZATIONS

International Association of Yoga Therapists

The Yoga Alliance

PUBLICATIONS

Franklin, A. The life experiences of people with multiple sclerosis who practice yoga: A qualitative case

study. *International Journal of Yoga Therapy*, 2002, 12:63-69.

Franklin, A. The life experiences of people with multiple sclerosis who practice yoga: An unpublished

masters thesis, 2001.

Franklin, A. Wisdom of the everyday yogi: A guide to managing chronic illness for everybody. *Wise*

women speak: 20 ways to turn stumbling blocks into stepping stones, 2001,

Carness Health

Management, OR.

ADA-REVA SPAE

6303 18th Ave SW

Seattle, WA 98106

adareva@msn.com

PAGE

PAGE 1

