

# CAIT FIELDS

YOGA THERAPIST



## CONTACT

CAITFIELDS@GMAIL.COM

## BIO

Cait has over 1000 hours of formal training and holds a certification in Yoga Therapy. Cait began her yoga practice in 2007 through Rockland Community College. Nature has been a guiding force throughout her life and continues to help her along her path of understanding her authentic Self. She grew up backpacking, competitive swimming and in her mid 20's found competitive downhill mountain biking. In 2020 Cait completed her 200 hour yoga teacher training through Stone Wave Yoga. She continues to grow her practice daily by practicing, studying and taking continued education courses. She graduated in 2024 from Prema Yoga Institute's IAYT accredited 2-year Yoga Therapy program. There she gained her 300 hour designation as well as her Yoga Therapy designation. She believes wholeheartedly in the power of change through keeping an open mind on and off the mat. She strives to bring that open-mindedness to her practice through the teachings of the various ancient spiritual philosophies in a way that is relatable to Western Culture.

## TEACHING EXPERIENCE

### HOUSE BLEND (ALL LEVELS)

THE YOGA HOUSE- HIGHLAND, NY  
*April 2024 - PRESENT*

A 60 minute all levels vinyasa yoga class guiding students through meditation followed by standing, balancing and seated postures, as well as, sun salutations. Offer clear direction and modifications which may include props. Introduce students to various breath work and meditation techniques. Studio responsibilities include checking students in, selling class passes, assessing students abilities, guiding students through their practice and thoroughly cleaning studio after class.

### UNWIND (ALL LEVELS)

WILD FLOWER FARM (AN AUBERGE RESORT) - GARDINER, NY  
*March 2024 - PRESENT*

An accessible 45 minute gentle stretch and restorative class. Offering a slow pace class for all levels. In this class students are guided through breath awareness, gentle stretches and ends in a few restorative shapes. Responsibilities include checking students in, assessing students abilities and guiding students through their practice.

### VINYASA (ALL LEVELS)

MARLBORO CONTINUING ED. - MARLBORO, NY  
*March 2024 - PRESENT (seasonal)*

A 60 minute all levels vinyasa yoga class guiding students through meditation followed by standing, balancing and seated postures, as well as, sun salutations. Offer clear direction and modifications which may include props. Introduce students to various breath work and meditation techniques. Responsibilities include checking students in, assessing students abilities and guiding students through their practice.

### SLOW FLOW + REST (ALL LEVELS)

STONE WAVE YOGA - GARDINER, NY  
*June 2023 - PRESENT*

An accessible 60 minute gentle flow. Offering a variety of modification for all levels. 30-40 minutes of class is guided through gentle vinyasa style movements that incorporate breathwork and mindfulness followed by 3-4 held restorative shapes to settle the mind and body. Studio responsibilities include checking students in, selling class passes, assessing students abilities, guiding students through their practice and thoroughly cleaning studio after class.

### GENTLE FLOW + REST (ALL LEVELS)

MARLBORO CONTINUING ED. - MARLBORO, NY  
*December 2022-PRESENT (Seasonal)*

An accessible 60 minute gentle flow. Offering a variety of modification for all levels. 30-40 minutes of class is guided through gentle vinyasa style movements that incorporate breathwork and mindfulness followed by 3-4 held restorative shapes to settle the mind and body. Responsibilities include checking students in, assessing students abilities and guiding students through their practice.

### VINYASA YOGA (LEVEL I/II)

STONE WAVE YOGA - GARDINER, NY  
*January 2021 - PRESENT*

Level I /II Vinyasa yoga class guiding students through breath awareness followed by standing, balancing and seated postures, as well as, sun salutations. Offer clear direction and modifications which may include props. Introduce students to various breath work and meditation techniques. Studio responsibilities include checking students in, selling class passes, assessing students abilities, guiding students through their practice and thoroughly cleaning studio after class.

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## CERTIFICATIONS

**YOGA THERAPY TEACHER TRAINING** @PREMA YOGA INSTITUTE  
2022-2024

**300HR TEACHER TRAINING** @PREMA YOGA INSTITUTE  
2022-2023

**25HR YIN TEACHER TRAINING** W/ KATE KUSS  
2022

**200HR TEACHER TRAINING** @STONE WAVE YOGA  
2019-2020

**10HR YIN TEACHER TRAINING** W/ KELLY KAMM  
2020

## TEACHING EXPERIENCE CONTINUED

### COMMUNITY YOGA (ALL LEVELS)

TOWN OF NEWBURGH RECREATION CENTER - NEWBURGH, NY

*Sept. 27th 2020 - PRESENT*

Created a community funded 75 minute all levels vinyasa yoga class guiding students through meditation followed by standing, balancing and seated postures, as well as, sun salutations. Offer clear direction and modifications which may include props. Introduce students to various breath work and meditation techniques. Responsibilities include checking students in, assessing students abilities and guiding students through their practice.

### HIIT FUSION (ADVANCED)

STONE WAVE YOGA - GARDINER, NY

*Sept. 19th 2020 - 2022*

60 minute high intensity interval training class bookended with various yoga postures to warm up and cool down. Studio responsibilities include checking students in, selling class passes, assessing students abilities, guiding students through their practice and thoroughly cleaning studio after class.

### STRETCH + BREATHE (ALL LEVELS)

STONE WAVE YOGA - GARDINER, NY

*Sept. 19th 2020 - April 13th, 2021*

An accessible 60 minute gentle morning flow. Offering a variety of modification for all levels. Studio responsibilities include checking students in, selling class passes, assessing students abilities, guiding students through their practice and thoroughly cleaning studio after class.

## ADDITIONAL EXPERIENCE

### 1-ON-1 YOGA THERAPY

THE GREATER HUDSON VALLEY AND VIRTUALLY  
*2023-present*

Working one on one with clients to address their specific goals while considering any limitations they might be experiencing. Yoga therapy uses a variety of modalities to help support the individual holistically.

### YOGA NIDRA + SOUND JOURNEY

THE GREATER HUDSON VALLEY  
*ongoing*

A collaborative experience with Sound Healer, Sama Shakti. In this event I guide people to deep relaxation through Yoga Nidra and sound healing. Yoga Nidra, known as 'yogic sleep', is the practice of withdrawing from the senses (Pratyahara). Cait will guide you into a dream-like state where you may have epiphanies and unlock deep memories. It is said that 15 mins of Yoga Nidra is equivalent to 1 hour of restful sleep! Sama will create a soundscape of healing frequencies by singing and playing multiple sacred instruments of chimes, gongs, Himalayan bowls and more. Allow your mind and body to sink into a state of deep relaxation as you are surrounded by healing vibrations

### TEACHER TRAINING MENTOR

STONE WAVE YOGA - GARDINER, NY

*Jan. 16th 2021 - May 22nd, 2021*

Assigned to four students going through their teacher training to offer support and guidance. Offered hours to help them practice teach, study and prepare for final practicum.