

T.J. HALLIDAY

WELLNESS EDUCATOR | YOGA + MINDFULNESS COACH | TRAUMA-INFORMED CONSULTANT

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EDUCATION & TRAINING

- Clinical Psychology, M.A., Teachers College, Columbia University (2018)
 - 200-Hour Certified Yoga Teacher Training, Yoga to the People (2011)
 - Contemplative Psychotherapy Certificate, Nalanda Institute (2016)
 - Trauma Conscious Yoga Training, Nityda Gessel, LCSW, E-RYT, TIYT (2019)
 - Trauma Sensitive Mindfulness Training, David Treleaven PhD (2019)
 - Restorative Yoga Teacher Training, Bend + Bloom Yoga (2015)
 - Prenatal Yoga Certification, Integral Yoga Institute (2014)
 - Yoga for Labor and Delivery Certification, Integral Yoga Institute (2016)
 - Embodied Social Justice Training, The Embody Lab (2021)
 - Embodied Dignity and Boundaries Training, Jane Clapp (2021)
 - Somatics, Trauma and Resilience, Strozzi Institute (2020)
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RELEVANT COURSEWORK

- LovingKindness Meditation Courses with Sharon Salzberg, Nalanda Institute (2015)
 - Mindful Self-Compassion Courses with Kristen Neff + Chris Germer, Nalanda Institute (2015)
 - Hands on Assisting for Yoga Teachers, Bend + Bloom Yoga (2015)
 - Classical Yoga Studies, Amrita University, Kerala India (2016)
 - Eastern Medicine, Amrita School of Ayurveda Medicine, Kerala India (2016)
 - Anatomy & Biomechanics, Teachers College, Columbia University (2016)
 - Neurobiology & Psychology of Trauma + Loss, Teachers College, Columbia University (2017)
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RELEVANT EXPERIENCE

- Movement and Mindfulness Practitioner (2003-present)
- Health Promotion Workshop Designer and Facilitator (2015-present)
- Health Sciences Specialist, Department of Veterans Affairs (2021-present)
- Expressive Therapies Group Facilitator, The Motherhood Center (2017-2023)
- Mindfulness Coach for Warner Media (CNN + HBO) and NYC MTA employees (2017-2021)
- Yoga Training Teaching Faculty, Trauma Modules, Bend + Bloom Yoga (2018-2020)
- Yoga Programming for Victims of Sex Trafficking, Back to Humanity (2017-2020)
- Yoga Studio Manager, Bend + Bloom Yoga (2013-2017)