

Rachel DeFurio

EDUCATION

2015	MS Exercise Science & Health Promotion	California University of Pennsylvania
2001	BA Broadcast Journalism	Arizona State University, Cronkite School of Journalism

CERTIFICATIONS

Certified Yoga Teacher: ERYT 200, RYT 500
Yoga Alliance Continuing Education Professional - YACEP
ACSM Certified Health and Wellness Coach - CHWC
NASM- CPT & Nutrition Coach

YOGA TEACHING EXPERIENCE (styles include: Vinyasa Flow, Trauma Informed, Yin, Nidra, Hot)

2021-2022	Fairmont Orchid	1 N Kaniku Dr, Waimea, HI 96743
2016-2020	Sumits Yoga Chandler	4080 W Ray Rd, Chandler, AZ 85226
2019-2020	Yahweh Yoga , BaySport/ University of Phoenix, Dave's Ashtanga Yoga, THRIVE, Copper Moon	Phoenix Metro, AZ
2014-2016	Studio Y Yoga, Arizona Western College, MCAS Yuma	Yuma, AZ

EXPERIENCE

2011 – Present Rachel DeFurio Wellness Arizona, Hawai'i, California
Independent Health and Wellness Consultant, Coach, and Trainer

- Wellcoaches® Certified Health & Wellness Coach – Online, in person, and telephone coaching of clients
- Executive & Sales Coach – customized one on one training for individuals to improve leadership and sales skills
- Personal training for individuals designing client specific plans to reach health and fitness goals
- Created & presented workshops based on client need
- Designed & conducted group fitness classes with students ranging from teen to elderly

October 2018 - 2020 Bryan University Tempe, Arizona/Remote
Adjunct Exercise Faculty

August 2017 - 2019 Arizona State University Phoenix, Arizona
Adjunct Exercise & Wellness Faculty/Researcher/Instructor

2014 – 2016 Arizona Western College Yuma, Arizona
Adjunct Exercise Faculty /Yoga Teacher