

# Mind/Body Trainer

## Toni Dussex



### EDUCATION/CERTIFICATIONS

Certified Yoga Instructor  
YogaFit for Warriors 100 HR Certification  
Yoga Level 1  
Yoga Level 2  
CPR Certified

### SPECIALTY TRAINING

Yoga for Balancing Mood  
Restorative Therapeutics  
Healing Emotional and Physical Trauma  
YogaFit for Warriors  
PTSD, Trauma and Stress Release Training