

## **Megan Lutz: RYT, NASM – CPT, PES**

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<http://www.peacefulwaywellness.com>

### **Education**

**The College of Wooster Wooster, OH 44691**

B.A. Studio Arts; Minor: Modern Dance, May 1989

Varsity Field Hockey & Lacrosse – NCAA Division 3 National Qualifier for Field Hockey

### **Experience**

**Aug 2007 – Present. Mayflower Grace Destination Spa Washington, CT – Wilderness Guide. Yoga, Fitness and Pilates Instructor. Personal Trainer**

Instruct guests in Forest Bathing, hiking, kayaking, snow shoeing, cross country skiing, yoga, Pilates, fitness, meditation, chakra balancing and hypnotherapy

**Sept 2012 – Present. Winvian Morris, CT – Yoga, Pilates and Fitness Instructor**

Instruct guests in yoga, Pilates, fitness, meditation and hypnotherapy

**Aug 2012 – Present. Megan Lutz 200 Hour Yoga Teacher Training Program Woodbury, CT – Director**

Direct yoga teacher training to students earning their 200 hour Yoga Alliance yoga teacher certificate

**Oct 2008 – Present. Peaceful Way Wellness Woodbury, CT – Owner**

Instruct students in yoga, Pilates, fitness, yoga dance, meditation, nutrition, hypnotherapy and personal training

**Oct 2008 – Present. Thule Group Seymour, CT – Yoga, Pilates and Fitness Instructor**

Instruct employees in yoga, Pilates, fitness and nutrition

**Sept 2015 – Present. Tudor Aviation Oxford, CT – Yoga, Pilates and Fitness Instructor**

Instruct employees in yoga, Pilates, fitness and nutrition

**Mar 2006 – Aug 2007. Health Fitness Corporation Minneapolis, MN – Program Manager**

Managed all operations of the fitness center. Instruct students in yoga, Pilates, and personal training

**Mar 2003 – Mar 2006. Profitness Health Solutions Shelton, CT – Fitness Specialist**

Instruct employees in yoga, Pilates, fitness, personal training, fitness assessments and motivational exercise incentive programs

**Jun 1996 – Mar 2005. Town Sports International Holdings Fairfield and Westchester County – Group Exclusives Instructor and Master Personal Trainer**

Instruct, market, and coordinate classes in Group Exclusives small group personal training

### **Certifications**

- Personal Trainer, Weight Loss Specialist and Performance Enhancement Specialist – National Academy of Sports Medicine
- 300 Hour Kripalu Yoga Teacher Graduating 8/20/17 – Kripalu Center for Yoga and Health
- 200 Hour Yoga Teacher Graduate – Prana Flow® Yoga – Coral Brown
- 200 Hour Yoga Teacher Graduate – Hatha Yoga - Lotus Gardens Yoga School
- Yoga Dance – Let Your Yoga Dance® - Megha Nancy Bittenheim
- Pilates Mat & Reformer Instructor – IM=X Exercise Corporation
- Certified Hypnotherapist – American School of Hypnosis/Hypnotherapy
- Wilderness First Aid – Stonehearth Open Learning Opportunities
- Wilderness Leadership Training – Appalachian Mountain Club
- First Aid, CPR, & Automated External Defibrillator – American Red Cross