

# Curriculum Vita

## Donna Lee Phillips

### **DP Matworks, Inc. – President/CEO** **In Motion 4 Life. Com**

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Donna Phillips has over 35 years of experience in the healthcare, wellness & medical industries. She has degrees in Exercise Physiology and Business Administration, holding advanced certifications in Yoga and Pilates, is a certified yoga therapist, C-IAYT by the International Association of Yoga Therapist and is a TRE® Global Certification Trainer since 2013, specializing in working with diverse populations.

Donna has been a yoga student since 1988, has been practicing the Pilates Method since 1997, and was introduced to TRE in 2009. Her teaching has been influenced by the many gifted teachers that she has studied with over the years.

She is an excellent communicator, strong guide & mentor, passionate teacher, and a recognized movement specialist. Donna has outstanding skills & insight with sequencing and adapting yoga, Pilates, TRE & functional exercise for the individual needs of her students & clients. Her knowledge of yoga and wellness, teaching ability and passion of anatomy, physiology, kinesiology and biomechanics enable her to create a safe, health-centered space for personal integration, growth, balance, healing and peace.

### **Professional Experience**

- 1983-1986 **Human Performance Laboratory:** CV Stress Testing, Hydrostatic Testing, Adaptive Programming, Health Assessments and Educational Trainer for specific diagnosis & physical creative needs and athletic injuries & issues. Primary population: high risk patients, Cardiovascular disease, Diabetes, Auto-Immune, Chronic Pain, Back Care & Spinal Issues, Pulmonary Disease, Athletic Injuries Oral Roberts University Tulsa, OK
- 1983-1986 **Scuba Instructor:** Assisting teaching staff in the classroom and pool, open water ocean and lake check out dives with students learning to scuba dive. Padi Certified Dive Master Padi Certified Master Diver and Padi Certified Rescue Diver, Oral Roberts University, Tulsa OK
- 1983-1986 **Fitness & Wellness Instructor:** Teaching health/wellness lecture in classroom for undergraduate, year 1 and year 2 college students and group exercise to all student populations. Oral Roberts University, Tulsa OK

- 1984-1985 **Athletic Trainer for football & basketball**: One year internship working with college & high school students within their sport. Sport preparation, conditioning, injury rehabilitation. ORU, Tulsa, OK
- 1985-1986 **Corporate Fitness Programs Coordinator and Trainer**: One year internship working in corporate fitness, health fitness evaluations, teaching fitness/wellness classes for the Williams Corporation, Tulsa, OK
- 1988-1990 **Emergency Services Dispatcher**, E-911, sheriff, fire, EMS dispatcher, Alachua County Sheriff's Office Gainesville, FL
- 1990-1992 **Coordinator of Cardiopulmonary Rehabilitation**, Inpatient & outpatient rehabilitation, patient care, staff, & department management, Phases I, II, & III. Teaching Pre-op & Post-op Cardiovascular surgery education and lifestyle modification education: nutrition, stress/psychological & sociological issues, sleep issues, diabetes, cardiac, pulmonary, orthopedic & spine issues. HCA - Hospital Corporation of America, Ocala, FL
- 1993-1995 **Coordinator of Rehabilitation** for HCA & Columbia Healthcare, Inpatient & outpatient rehabilitation marketing & management, program development and Physical & Occupational Therapy Outpatient Site Coordinator, Columbia-Ocala Regional Medical Center - CORMC, Ocala, FL
- 1995-1996 **Coordinator of Physician Services** for Columbia Healthcare, Working directly with the CEO & CFO to reevaluate all departments of the hospital. Worked directly with over 250 physicians, insurance companies/TPA's to establish healthcare restructuring for the hospital, and establish departmental balance, structure and communication for hospital staff & physicians & their offices. CORMC, Ocala, FL
- 1997 – 2023 **Owner & President of DP Matworks, Inc. and Stillwaters Wellbeing Studio**: own, operate & manage two businesses. Teaching yoga, Yoga Therapy, Pilates, and TRE both privately and group sessions. Also teaches workshops, yoga teacher trainings, TRE certification trainings and has been working as a Yoga Therapist since 2004, Greensboro, NC
- 1997- 2019 **Yoga & Pilates Teacher**: Teaching alignment-based yoga classes with classes of all levels- gentle yoga, beginner, intermediate, power yoga & therapeutic yoga and Pilates mat and reformer. Sportime & Pyramids, Greensboro, NC
- 2004-2018 **Director of Yoga & Pilates** for Pyramids Corporation, manage 25-35 yoga & Pilates teachers within two health clubs, hiring, scheduling, continuing education, member issues resolution and teach both yoga & Pilates classes & workshops. Greensboro, NC
- 2014-2015 **Founder & Co-Owner Institute of Integrated Yoga Therapy, LLC-IIYT** 800-hour Yoga Therapy Program, Lead Trainer, Greensboro, NC
- 2014-2020 **Founder & Co-Owner Institute of Integrated Yoga Therapy, LLC-IIYT** 200-hour Yoga Alliance Registered Yoga School, Lead Trainer, Greensboro, NC
- 2014-2020 **Founder & Co-Owner Institute of Integrated Yoga Therapy, LLC -IIYT** Children's Yoga Alliance Registered Yoga School, Lead Trainer, Greensboro, NC
- 2014-2020 **Founder & Co-Owner Institute of Integrated Yoga Therapy, LLC -IIYT** Prenatal Yoga Alliance Registered Yoga School, Trainer, Greensboro, NC
- 2024 – present **Owner & President DP Matworks, Inc. & InMotion4Life**: own, operate & manages business. Teaching yoga, Yoga Therapy, Pilates, and TRE both privately and group sessions. Also teaches workshops, yoga teacher trainings, TRE certification trainings and has been working as a Yoga Therapist since 2004, Norwood, NC

Donna's private practice has developed a particular expertise in blending eastern & western health modalities, applying yoga therapy, Pilates & TRE (Tension/Trauma Releasing Exercise) to all populations. She works primarily with:

- Individuals needing adaptation with medical issues and various health concerns such as Spine & Back Issues, Auto-Immune Disease, MS, Chronic Pain & Fatigue, Fibromyalgia, Cancer, Amputees & Wheel-chair bound, as well as athletes who wish to enhance their performance by balancing their bodies, releasing compensation patterns & working with their sports related injuries.
- People of all ages who wish to increase self-awareness, enhance wellbeing and prevent health-related challenges, striving toward living a balanced lifestyle.

Donna is both an experienced and compassionate teacher, she integrates private sessions, group classes, workshops, teacher trainings, corporate & team building functions into her monthly schedule.

### **Professional Education & Certifications**

- Exercise Physiology & Sports Medicine, and Business Administration Bachelor of Science 1986 Oral Roberts University, Tulsa Oklahoma
- 200 hour RYT Iyengar-Influenced Yoga Teacher Training 2000
- 500 hour RYT Iyengar-Influenced Yoga Teacher Training 2002
- Iyengar-Influenced Yoga Therapist, E-RYT500 2004
- Beginner & Advanced Yoga Wall Certifications 2003 & 2008
- Mind-Body Pilates Mat Certified 1998
- BBU: Balanced Body Certified Pilates Mat 2002
- BBU: Balanced Body Certified Reformer Level 1, 2 & 3 2003
- BBU: Core Align Certified Level 1-3 2008
- TRE Level 1 Certification 2009: TRE Provider
- TRE Level 2 Certification 2010: TRE Provider group
- TRE Level III Certified Trainer 2013
- Founder and Co-owner of Institute of Integrated Yoga Therapy, LLC 1000 hour yoga therapy teacher training program, Yoga Alliance 200 RYS & 300 RYS, 150 hour children's RCYS & 150 hour prenatal yoga RPYS schools.
- PADI Assistant Dive Instructor, Master Diver, & Rescue Diver 1979-1984
- ACLS: Advanced Cardio Life Support 1992-2000
- CPR & AED Certified 1979- current
- Published: Phillips, D, (2015) The Integration of TRE & Yoga Therapy, In D. Berceli, et al (Ed), Shake It Off Naturally (p.p. 137-144). Charleston: Create Space
- Published: Phillips, D, (2019) TRE Training Materials: TRE Modification Videos – TRE in the Chair. Greensboro, NC
- Published: Phillips, D, (2019) TRE Training Materials: TRE Modification Videos – TRE Standing. Greensboro, NC
- Published: Phillips, D, (2019) TRE Training Materials: TRE Modification Videos – TRE for Challenging Bodies. Greensboro, NC
- Published: Phillips, D, (2019) TRE Training Materials: TRE Interventions - Touch & Non-touch. Greensboro, NC

### **Professional Memberships & Organizations**

**C-IAYT** – Certified International Association of Yoga Therapists  
**ERYT** – National Yoga Alliance Experienced Registered Yoga Teacher  
**NCBTMB Approved Provider** – National Certification Board for Therapeutic Massage & Bodywork  
**RYS** - Yoga Alliance RYS200–Registered Yoga School 200 hour, RCYS-Registered Children’s Yoga School, RPYS-Registered Prenatal Yoga School  
**YACEP**- Yoga Alliance Continuing Education Provider  
**TRE for All, LLC** – Board of Directors 2015 - 2023  
**TRE for All, LLC - TST** (TRE Supervision Team) Leadership Sub Committee 2014-2016

### **Professional Continuing Education (some are as follows)**

#### **Yoga**

- 2023 Yoga for the Subtle Body – Indu Arora 20 hours
- 2021 Yoga for Knee Issues – Loren Fishman MD 10 hours
- 2021 Yoga for Hips Issues – Loren Fishman MD 10 hours
- 2018 IAYT: International Association of Yoga Therapist Yearly Conference 20 hours
- 2018 Yoga Nidra 2 – Indu Arora 20 hours
- 2017 Back Pain and Spinal Issues, Loren Fishman MD 30 hours
- 2017 IAYT: International Association of Yoga Therapist Yearly Conference 20 hours
- 2017 Yoga Nidra I – Indu Arora 20 hours
- 2016 Yoga for Scoliosis - Loren Fishman, MD & Ellen Saltonstall 20 hours
- 2016 Yoga Ayurveda India: Dharmasala India immersion with Aadil Palkhivala & Shalinder Sodhi NMD
- 2015 Ayurvedic Principles with Vishnu Dass 12 hours
- 2015 Healing our Back with Yoga, Lillah Schwartz 20 hours
- 2008 & 2014 – IAYT: International Association of Yoga Therapists Yearly Convention of Yoga Therapy: 40 hours
- 2001-2015 Aadil Palkhivala, Purna Yoga founder & Senior Iyengar Yoga Teacher Beginner Teacher Training 3-day weekends, Intermediate Teacher Training 5-day Intensives, Yoga Therapeutic Training 6-day Intensives, 3-day teacher training workshops: +600 hours
- 2012 – 2013 Julie Gudmestad PT, Iyengar Yoga Teacher Teacher Training 3-day weekends: 40 hours
- 2005 – 2010 Elise Browning Miller, Senior Iyengar Teacher Teacher Trainings 3-day weekends on Scoliosis, Intermediate Teacher Training on Back, Spine & Back Issues 3-day weekend, Private Teacher Training Sessions for Advanced Yoga Therapy on the Spine: 150 hours
- 2010- 2011 Patricia Walden, Intermediate Iyengar Yoga Teacher Teacher Training 3-day weekend: 30 hours
- 2002–2009 Bryan Legere: Intermediate Iyengar Yoga Teacher & owner of The Yoga Wall Beginner Teacher Training on the yoga wall 6-day intensive, Intermediate Teacher Training on the yoga wall 6 day intensive, 3-day teacher training workshops: 200 hours
- 2003-2012 Doug Keller 3-day teacher trainings on Yoga Therapy, 5-day intensives on Yoga Therapy: 100 hours
- 2005 Shakta Kaur Khalsa Two 3-day teacher trainings on Children’s Yoga: 50 hours
- 2006-2008 Judith Lasater – Iyengar Yoga Teacher Teacher Training on Adaptive Yoga 3-day weekends, Teacher Training for Feet, Knees & Hips 3-day weekend, Teacher Training for Shoulders: 100 hours

- 2000 – 2015 Lillah Schwartz – Iyengar Yoga Teacher  
RYT200 Teacher Training over 14 months, 2-RYT500 Teacher Training 3 day weekends,  
3-day teacher training workshops: +600 hours
- 2006 – 2015 Baxter Bell MD – Yoga for Back Care and Yoga as Therapy, 100 hours
- 2000 – 2006 Eric Small – Senior Intermediate Iyengar Yoga Teacher  
Teacher Training 3-day weekends on Adaptive Yoga for special issues & needs: 100 hours
- 2000-2002 Roger Cole PhD – Iyengar Yoga Teacher  
3-day weekends with the emphasis on yoga & anatomy/physiology: 50 hours
- 1998 East Coast Yoga Conference – Jan Campbell - Iyengar Yoga Teacher  
Teacher Training 3 days: 20 hours
- 1988 – 1997 Hatha Yoga & Ashtanga Yoga

## **Pilates**

- 1997 Mind Body Pilates Teacher Training: Winston- Salem, NC 60 hours
- 2002 BBU – Balanced Body University Mat Teacher Training
- 2003 – 2004 BBU - Balanced Body University Reformer Teacher Training– Jen Gianni  
Reformer I, II, III Teacher Training: 200 hours  
2008 BBU – Balance Body University Pilates Chairs
- 2009-2011 BBU – Balance Body University Core Align Teacher Training – Jonathon Hoffman,  
PT & Nora St. John  
Core Align I, II, III Teacher Training: 200 hours
- 2011 - 2012 Eric Franklin – Franklin Method  
Teacher Training 3-day weekends, Pilates & Functional Exercise Therapy: 50 hours
- 2013 – 2018 BBU – Balanced Body University Continuing Education – Equipment & various  
props

## **TRE**

- 2008 – present TRE- Tension/Trauma Releasing Exercises – David Berceci PhD, Sherry Mills &  
Cheryl Saunders
- 2008 - 2009: Level I Training 3 day weekend & certification work: Level 1 Provider
- 2009 - 2010: Level II Training 3-day weekend & certification work: Level 2 Provider
- 2012 – 2013: Level III Certified Trainer/CT 5 day intensive & 1 year of competencies,  
3-day workshops, 5-day intensives: Level 3/Certification Trainer 400 hours
- 2015 – 2016: Advanced TRE Training with Dr. David Berceci 60 hours
- 2015 – present GCTP – Global Certification Training Program Certified Trainer
- 2019-2022 – Created & Launched the TRE MTT – Mentor to Trainer Pilot Program – managed  
this 2-year pilot & was lead trainer
- 2022 – Taught: TRE Specialty Hybrid Training: TRE to Diversified Populations – Back Pain &  
Spinal Issues and Elderly Populations
- 2023 – Taught: Virginia Medical Conference – TRE to Emergency Room Medical Doctors and  
medical staff
- 2023 – Taught: TRE specialty Hybrid Training: TRE to Diversified Populations – Auto  
Immune, Chronic Pain, Amputees, 20 hours
- 2023 – Taught: TRE Specialty Hybrid Training: TRE to Diversified Populations – 1<sup>st</sup>  
Responders, Athletes & Military Populations, 20 hours

### **Healthcare/Medical Continuing Education:**

- 2004 February, Institute for Natural Resources: Continuing Education for Health Care Professionals, Nutrition: Food, Drug, or preventive Medicine, 6 credit hours
- 2004 February, Institute for Natural Resources: Continuing Education for Health Care Professionals, Heart Health, 3 credit hours
- 2004 January, Institute for Natural Resources: Continuing Education for Health Care Professionals, Arthritis and Rheumatic Diseases, 3 credit hours
- 2003 November, Institute for Natural Resources: Continuing Education for Health Care Professionals, Eating Disorders: Anorexia, Bulimia, Binge Eating, & Orthorexia, 3 credits
- 2003 October, Institute for Natural Resources: Continuing Education for Health Care Professionals, Achieving Remission in Depression, 3 credit hours
- 2003 September, Institute for Natural Resources: Continuing Education for Health Care Professionals, Unipolar vs. Bipolar Depression, 3 credit hours
- 2003 August, Institute for Natural Resources: Continuing Education for Health Care Professionals, Neurotransmitters: The Bridges of the Brain, 6 credit hours
- 2003 May, Institute for Natural Resources: Continuing Education for Health Care Professionals, Chronic Fatigue Syndrome & Fibromyalgia, 6 credit hours

**Personal passions:** Outdoor life & activities, wonderful family & friends, travel, music, culinary arts, crafts & my fabulous animals.