

# Danny Arguetty

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## Education & Training:

### **Anusara Yoga Teacher Training, Berkshires, MA 04/06-08/06**

~Successfully completed a 5-month (300 hr) training in the Anusara approach to yoga, including the study of asana, breath, philosophy, therapeutics and mediation techniques.

### **Institute for Integrative Nutrition, NYC, NY 10/04-06/05**

~Completed a one-year intensive training, studying diverse nutritional approaches to diet and nutrition including the philosophies of raw foods, the standard American Diet, vegetarianism, macrobiotics, Ayurveda, the zone, Atkins, and the blood type diet. Studies also included training in nutritional counseling techniques, conscious listening and entrepreneurship strategies.

### **Kripalu Center for Yoga and Health, Lenox, MA 09/03-03/04**

~Participated and completed a 200-hour yoga teacher training including instruction on postures, breath, meditation, relaxation, and philosophy.

~Served as a volunteer for three months pursuing an in-depth study of yoga, engaging in conscious communication, and performing service work to contribute to Kripalu's mission.

~Studied in India at four spiritual communities, partaking in daily ritual, exploring mediation techniques and participating in community work.

### **Pepperdine University, Malibu, CA December 2002**

~Masters of Arts in Education

### **University of Denver, Denver, CO December 1999**

~Bachelors of Arts in Graphic and Web Design with a Minor in Business Administration

## Professional Experience:

### **Nutrition & Health Counselor**

Lenox, MA 01/05—present

-Guiding people in individualized wellness programs to empower, nourish and support nutritional and lifestyle choices.

-Specializing in weight loss, digestive disorders, healthy aging, sugar/caffeine dependencies, persistent fatigue, chronic stress, whole foods education, and practical healthy living strategies.

-Teaching nutrition programs for the school of yoga, volunteer community, school of massage, and the retreat & renewal program.

### **Yoga Teacher**

Kripalu Center for Yoga & Health, Lenox, MA 05/06—present

-Teaching weekly gentle, moderate, vigorous, and vigorous vinyasa flow classes.

-Conducting workshops in posture alignment, stress reduction and yoga philosophy.

Yoga Mountain Center, Montpelier, VT 06/05—05/06  
Jamaica Plain Community Center, Boston, MA 06/04—06/05

**Freelance Graphic Design**

Lenox, MA 02/03—present

-Assist businesses and individuals in web design, company branding and print layout.



## Continuing Education: *Yoga & Nutrition*

Teacher, Training	Date & Hours ( )
<i>Hilary Garivaltis</i> , Introduction to Ayurveda ( <i>assistant</i> )	10/04, (9)
<i>Yoganand Michael Carol &amp; Rudy Pierce</i> , Teaching the Deeper Practices ( <i>assistant</i> )	01/05, (40)
<i>Deb Neubaur</i> , Fall Anusara Weekend	10/05, (8)
<i>Douglas Brooks</i> , Rajanaka Tantra Yoga Philosophy	1/06, (7)
<i>Rashmi Sue Jenkins &amp; Jairaj Randal Williams</i> , Kripalu 200 hr Yoga Teacher Training ( <i>staff manager</i> )	2/06, (200)
<i>Deb Howard</i> , Cooking Naturally ( <i>assistant</i> )	09/06, (20)
<i>Anjali Budreski</i> , Fall Anusara Weekend	10/06, (10)
<i>Amy Ipolliti</i> , Winter Anusara Weekend	12/06, (9)
<i>Todd Norian</i> , Anusara Holiday Retreat	12/06, (35)
<i>Ellen Saltonstall</i> , Yoga Therapeutics	2/07, (12)
<i>Todd Norian</i> , Awakening the Heart through Anusara Yoga ( <i>assistant</i> )	2/07, (16)
<i>Douglas Brooks</i> , Tantra Yoga Philosophy Retreat	3/07, (35)
<i>John Friend</i> , Anusara Yoga Master Immersion	6/07, (35)
<i>Todd Norian &amp; Ann Greene</i> , Level I Anusara Yoga Immersion ( <i>assistant</i> )	6/07, (35)
<i>Sudha Carolyn Lundeen &amp; Premshakti Mary Stout</i> , Kripalu 200 hr Yoga Teacher Training ( <i>staff manager</i> )	7/07, (200)
<i>Todd Norian &amp; Ann Greene</i> , Level III Anusara Yoga Immersion	8/07, (35)
<i>Douglas Brooks</i> Poised for Grace, Teachings of the Bhagavad-Gita	8/07, (2)
<i>Douglas Brooks</i> , Shivasutra Study	10/07-present, (40)
<i>Todd Norian</i> , Teacher Training ( <i>assistant</i> )	11/07, 3/08, 5/08, (200)
<i>Douglas Brooks</i> , Winter Retreat Upanishad Study	12/07, (35)
<i>Todd Norian</i> , Anusara Holiday Retreat ( <i>assistant</i> )	12/07, (35)
<i>Devarshi Steven Hartman &amp; Premshakti Mary Stout</i> , Kripalu 200 hr YTT ( <i>staff manager</i> )	1/08, (50)
<i>Douglas Brooks</i> , Siva Nataraja Study	4/08, (8)
<i>Douglas Brooks</i> , Hanuman Study	5/08, (10)
<i>Sudha Carolyn Lundeen &amp; Premshakti Mary Stout</i> , Kripalu 200 hr Yoga Teacher Training ( <i>staff manager</i> )	7/08 (200)
<i>Desiree Rumbaugh</i> , Raising Your Vibration	7/08 (12)
<i>Todd Norian &amp; Ann Greene</i> , Level III Anusara Yoga Immersion ( <i>assistant</i> )	8/08 (35)
<i>Douglas Brooks</i> , Summer Retreat I, 7 Dances of Nataraja	7/08 (35)
<i>Douglas Brooks</i> , Summer Retreat II, The 12 Kali's	8/08 (35)
<i>Douglas Brooks</i> , Fall Weekend, Deeper Practices of the 7 Dances	9/08 (10)
<i>Todd Norian</i> , Teacher Training ( <i>assistant</i> )	11/08, 3/09, 5/09, (200)
<i>Siva Rea</i> , Elements and Chakras	10/08 (15)
<i>Douglas Brooks</i> , History of Yoga	11/08 (8)
<i>Devarshi Steven Hartman &amp; Priti Robyn Ross</i> 2x12, Kripalu 200 hr Yoga Teacher Training ( <i>staff manager</i> )	12/08, 1/09 (200)
<i>John Donillard</i> , Ayurveda and Weight Loss	2/09 (10)
<i>Douglas Brooks</i> , Yoni Yantra Retreat	3/09 (30)
<i>Devarshi Steven Hartman &amp; Sudha Carolyn Lundeen</i> 2x12, Kripalu 200 hr Yoga Teacher Training ( <i>staff manager</i> )	3/09, 6/09 (200)
<i>David Wolfe</i> , Raw and Super Foods for Vitality	4/09 (14)
<i>Devarshi Steven Hartman &amp; Vidya Carolyn Dell'umo</i> , Kripalu 500 hr Module 3, Self and Spirit: Being a Transformational Teacher ( <i>assistant</i> )	5/09 (75)



## Testimonials & Recommendations:

*“I can say without hesitation that Danny radiates selflessness, compassion, and light in whatever he does. There is a warmth about Danny that is uncontrived and gentle. He conveys confidence without arrogance, is open to questions, and he listens every bit as well as he shares. As a true teacher will, Danny creatively offers tools of empowerment to his students. I believe that anyone who takes a workshop or class with Danny will come away with new knowledge to apply in their lives if they so choose and will feel richer, in many ways, for the experience.”*

Elizabeth Knapp  
Yoga teacher  
Shawsville, VA

*“Danny is a special teacher. When he teaches, what always shines through for me is his incredibly gentle and creative spirit. His posture flows are challenging, and his fluid guidance invites opening and expansion. His classes are always impeccably well-prepared, and the thematic elements he weaves throughout them bring depth and fullness to the experience—taking it into multiple dimensions and opening up new pathways of energy and spirit. I leave feeling humbled, inspired, and open-hearted.”*

Sarah Silberman  
Yoga teacher  
San Francisco, CA

*“To have Danny as a teacher is a gift. His clear guidance and inspiring themes lead students into the more subtle realms of spiritual experience. Within the sessions I’ve been lucky enough to attend, I have left feeling a renewed strength in my practice, energy and sense of universal community.”*

Kelly Anderson  
Yoga Teacher  
London, ON, Canada

*“Working with Danny has enabled me gently examine my body’s breath, nutrition and movement. I have made incremental changes that have helped me lose weight, exercise with more joy and gain a feeling of overall wellness. I am finally off the rollercoaster of restrictive dieting, unconstrained eating and walking a wide path of improved health and vitality.”*

Tina Cutter  
Nutrition Client  
Chesapeake, VA

*“Danny is an inspiring teacher and a shining example how a healthy lifestyle gives back to everyone. I walked away prepared to face the urban jungle with tools; I’m a more whole-food based person, eating closer to the earth, listening to my body, and respecting this lifelong process. I now belong to a terrific community supported farm, I enjoy cooking meals for myself, and I prepare my own takeaways for delicious, nutritious lunches at work. Danny helped me realize there is no one ‘perfect’ way to eat and that food is a lifelong gift which I deeply appreciate as an incredible opportunity for health and vitality.”*

Jackie Perchard  
Workshop Participant  
Boston, MA





To Whom It May Concern:

I am the owner/director of two yoga studios in CT and lead a 200 hour Yoga Alliance Teacher Training. I subcontract over 35 different yoga teachers of various yoga traditions. In April of 2008, I hired Danny Arguetty to teach a weekend workshop for yoga teachers. The emphasis of this workshop was how yoga teachers can effectively weave themes into their yoga classes. I was also able to participate in this workshop as well as host it.

I cannot say enough positive things about Danny and his workshop. Upon completion of the workshop, all of the participants rated the workshop as excellent and felt that they had learned many valuable tools to enhance their teaching. I also found this workshop to be very informative for teachers especially with languaging that which is difficult to language- the feeling language and psychology of yoga. In my experience, there are many workshops out there for teaching alignment but very few that teach experiential language.

Danny demonstrated that he is very knowledgeable, an amazing teacher himself, and completely approachable.

In this workshop, a combination of experienced and newer teachers attended and both groups left feeling very satisfied with the workshop and renewed about their teaching.

I was so impressed with his themeing workshop that I am hosting it again at our studio in the fall and offering it to all of our teachers as part of their continuing education.

Sincerely,  
Anne Falkowski, Samadhi Yoga Studio, LLC Director

