

HEATHER ANN FERRI

PERMANENT ADDRESS:

3000 Swallow Hill Road
Apartment 108
Pittsburgh, Pennsylvania 15220

CONTACT INFORMATION:

Email: H4lion@aol.com
Website: www.heatherferri.com
Phone: (412) 276-2466

Professional educator, counselor and entertainer with extensive training in all areas of Kundalini Yoga, dance and fitness that will work with your organization to provide custom health education and wellness programs.

Industrial Experience

- 2008** Produced "Kundalini Yoga for Women" a DVD Heather spent one year of research on.
- 2007** Western PA Chapter of the National Hemophilia Foundation
Lectured and led a custom yoga program designed to address the physical needs and limitations of this patient population
- 2007** Western Pennsylvania Alpha -1 Patient Support Group
Motivated lecture on healing and benefits of yoga based practice with the lungs.
- 2006- present** American Respiratory Alliance of Western Pennsylvania
Certified Counselor
- Counsel nicotine addicted teens(Hospitals Tri-State Area)
 - Facilitate group discussion
- GlaxoSmithKline
Cessation Smoking Counselor
- Heinz USA
Corporate fitness programming using a Yoga based concentration on breathing techniques
- Delmonte
Customized Corporate Fitness Programming
- Oncology Nursing Society
Kundalini yoga teacher
- 2006** Health America
Wrote and performed original show "Health Matters"
- 2005** Pittsburgh Public Schools
Wrote and performed "Tap History"
- 2005** Civic Light Opera
Wrote and performed "Hooper"
- 2001** Billy Graham /India
Choreographed "Greatest Gift of All"

Promotional and Spokesperson Experience

Smoking Cessation Counselor, Pittsburgh
Medicare, Pittsburgh
Ford, Pittsburgh
Reebok, New York
Energizer, New York

Fitness Trainer

- 2005-Present** Greentree Sports Plex, Greentree, PA
- Teacher, Pilates & Yoga
 - Personal fitness strategies
- 2002-2004** Lincoln Center Health Club, New York, NY
- Teacher, Pilates & Yoga
 - Personal fitness strategies
- 1998-2004** Manhattan Plaza Health Club
- Trained elite Broadway actors and dancers in fitness
 - Specialized in Kundilini Yoga/Pilates

HEATHER ANN FERRI

Educator

- Moose Jaw Dance Festival 49th year (2008)**
Canada- Judge and taught master classes:
1. Tap dance and Musical theatre.
- Dancin On Broadway (2008)**
Minnesota-master classes in tap dance/improvisation, choreography
- Pathfinder school (2008)**
Worked with autism and highly genetic disabled children.
- Propel Charter School -East-Kindergarten-5th grade(2008)**
Fixed 2 troubled classes and designed a yoga program for 3-5graders.
- Teacher(2005-2006)**
Creative and Performing Arts High School, Pittsburgh, PA
- 1 Taught 9-12th grade students, both beginners and advanced
 - 2 Strengthened student skills in dance technique and choreography
 - 3 Emphasized tap history, early 1900's -present

4 Facilitated workshops for Pilates and Yoga

Teacher (2004-2006)

Richard E. Rauh Conservatory, Pittsburgh, PA

- 1 Taught in the Musical Theatre Department
- 2 Coached students in acting
- 3 Prepared students for college auditions
- 4 Taught tap classes

Musical Theatre Faculty (2003-2004)

New York University, New York, NY

- 1 Designed an advanced class incorporating singing with tap dance
- 2 Focused on speed of material acquisition and vocal stamina while tapping
- 3 Explored tap as a musical instrument as well as a voice within the act

Tap Faculty (2000-2004)

Broadway Dance Center, New York, NY

- 1 Taught advanced tap classes and improvisation classes
- 2 Assisted tap master, Henry Le Tang with seasonal workshop

Dance Professor(1998-1999)

Long Island University, Long Island, NY

Taught elective dance classes

Teaching/Choreography Experience 1996-2008

Additional Information Available Upon Request

New York, NY

Boston, MA

Houston, TX

Los Angeles, CA

Education

Community College of Allegheny County

Pre-graduate course work in Health Science

30 credit hours

Completion – May, 2007

Point Park University

Major: Dance

Cumulative GPA: 3.5

Bachelor of Arts in Dance, 1994

Professional Certifications

Power Pilates, New York City, 2001

Kundilini Yoga Certified, KRI Institute 2008

Honors

Guinness Book of World Records April, 2000

Record holder for consecutive turns in tap shoes

Up-to-date references and clearances available upon request