



# Catherine Cowsill

**DAC Trainer Since:  
April 2010**

## **Education / Certifications:**

- Bachelor of Science, Dance & Exercise Science, University of Oregon 1991
- Yoga Certification 1993
- Pilates Certification, Stott Method 2004
- Hydrofit Certification 1990
- Personal Training National Certification 1998
- Red Cross Certified

## **Experience:**

University and College Physical Education Instructor (weight training, Olympic Lifting, Pilates, Sport Yoga, Core and Stretch, Dance Fitness, H2O Fitness)

- University of Oregon
- UC Berkeley
- Eastern Michigan University
- Lane Community College

## **Community and Private Sector Outreach:**

- Director of Yoga Programs/Studies, Oakland CA with Then Mayor, Jerry Brown 1999-2001
- Director of Yoga Studies/Consultant, Sun Micro Systems 1998-2001

## **Professional Areas of Interest:**

- Integrated Strength, Flexibility and Balance Training for all Bodies at all Ages and for all Activities
- Nutrition
- Education

## **Personal Areas of Interest:**

- Human Potential
- Spending Time with my Children

## **Favorite Quote or Philosophy:**

"Make a habit of changing your habits."