

WELLNESS EDUCATOR, PRODUCER & CONSULTANT

Michelle Baker

Swan Michelle

PROFILE

Michelle Baker ERYT-500 (also known as Swan Michelle) has been a full time Wellness , Yoga, Meditation and Holistic Practitioner and Educator since 1998.

She is the Founder of the Healing Center in New Orleans known as Swan River Yoga Wellness Center in New Orleans and Founder & Producer of Pensacola Beach Yoga & Wellness in Pensacola FL which offers numerous innovative, creative, impactful and high quality trainings and events throughout the Gulf Region that include Sound Therapy, Eco-awareness, Yoga, Mind Body Connection consultations, guided somatic meditations, team building and community health.

Find out more about her holistic based offerings at www.swanmichelle.com & www.swanriveryoga.com

EXPERIENCE

Pensacola Beach Yoga & Wellness Producer; 2020- Present

White Swan Events LLC -Self Employed

Pensacola FL

Gathering and advocating health, wellness, conscious self care & creative holistic Practices in symbiosis with nature and the community in the local hotels, conventions, festivals, yoga studios and non-profit organizations for team building, networking and self awareness.

Educating and Creating Training Programs as the eDirector to certify Teachers in Yoga, Restorative Yoga, Somatic Awareness, Mantra, Breath, Meditation, Neuroscience based health, Trauma awareness, Ayurveda and Holistic Lifestyle practices.

Creating & Producing Local and International Wellness Retreats

The Positive Vibrations Foundation 2020-Present

Pensacola Beach Yoga & Wellness Producer, Presenter

Pensacola FL & New Orleans LA

Gathering and advocating health, wellness, conscious self care & creative holistic Practices in symbiosis with nature and the community in the local hotels, conventions, festivals, yoga studios and non-profit organizations for team building, networking, connection to nature and self awareness.

Contact: Benjamin Faulks Executive Director 310 994 8802

Email benfaulks@gmail.com

Swan River Yoga LLC Founder & Co-Owner 2007-2022

Directing, educating and creating curriculum for Training Programs to certify Teachers in Yoga, Restorative Yoga, Somatic Awareness, Mantra, Breath, Meditation, Neuroscience based health, Trauma awareness, Ayurveda and Holistic Lifestyle practices.

Hiring and training staff, teachers, and healing therapists. Employing staff in one of the largest Yoga Studios in the Gulf Region.

Running & owning a female owned business

Creating & Producing Local and International Wellness Retreats

Contact: Nancy Maas, General Manager Swan River Yoga 504 376 3339

Email nancyswanriver@gmail.com

EDUCATION

Sivananda Yoga 200 hr Yoga Teacher Training 1998 Woodburn NY

Reiki Master Training New Orleans 2000

Juvamukti Yoga 200 hr Teacher Training 2002 Rhinebeck NY

Anusara Inspired Yoga Teacher 2009

Ashtanga Yoga Primary Series Mysore India 2015

Ayurveda Yoga Therapist California College of Ayurveda Nassau Bahamas 2015

Sound Therapy Training Paradise Island Bahamas 2018

Yoga Nidra Somatic Training Paradise Island 2018

Restorative Yoga Teacher Training Judith Lasater 2019

Advanced Meditation Training Dr Joe Dispenza January 2023

SKILLS

- Yoga; Beginners, Advanced, Restorative
- Somatic Awareness Healing & Trauma Awareness/ Education
- Sound Therapy, Singing, Musician
- Public Speaking , Clear Communication, Consulting
- Leading, Training, Educating, Networking, Inspiring
- Producing Wellness Events

WWW.SWANMICHELLE.COM

