

Yoga Instructor Biographies



Carol Bowman, E-RYT 200/RYT 500, CRYT, is director of the Yoga Programs at Ramapo College. She holds an Ed.D. from Teacher's College, Columbia University in applied linguistics and is also a professor of education at Ramapo. She has studied Yoga for most of her life and began teaching Yoga in 2008. A former dancer, her interests include the study of Sanskrit and yoga research, and she has published articles in *Yoga Therapy Today*. Professor Bowman teaches Vinyasa Yoga, and the Contemplative Practices in Education course required for the 200-hour Yoga Teacher Certification program and the Methods of Contemplative Education for Children and Youth course required for the Children's Yoga Teacher Certificate.



Allison Egan Datwani, E-RYT 200, is a creative and compassionate yoga teacher with a precise and mindful style. For over 25 years Allison has been guiding people to move, breathe, feel, release, center and heal. Her knowledge of the mind, body and emotional connection is drawn from a lifetime of studying movement starting with dance as a young adult to gym workouts and then eventually committing to finding herself on the yoga mat. She received her yoga teacher training from Cyndi Lee's Buddhist inspired yoga school, Om Yoga. Seeking yoga's wisdom, Allison studied ancient scriptures like the Yoga Sutras, Hatha Yoga Pradipika and Bhagavad Gita with Geshe Michael Roach and Lama Christie McNally. Allison has been on several TV shows promoting health including being a wellness consultant for the "Today Show." Today Allison teaches at Bamboomoves Yoga in Englewood, NJ and at Birchwood Center in Nyack, NY in addition to leading the chakras, bandhas, mudras and methodology portion of the yoga teacher training at Ramapo College of New Jersey. Allison writes weekly posts in her lifestyle blog, Glamorous Yogini, and has created several online yoga practices at Yoga International. Her Compassion Yoga Flow online practices at YI raise awareness to The Himalayan Institute's One Tribe Project that is building libraries in Cameroon, Africa.



Annie Colonna, RYT 500, is an experienced yoga teacher in the tradition of Krishnamacharya, holding diplomas from Yoga for Well-Being and Krishnamacharya Healing and Yoga Foundation (KHYF), and a member of the national registry Yoga Alliance. She has been teaching yoga both privately and in group classes since 2000. During that time Annie has also assisted her teacher Fran Ubertini with workshops throughout Orange County, NY and the Northeast region. Annie is also a Credentialed Prevention Professional with the NYS Office of Alcoholism and Substance Abuse Services.



Lena Madsen, LMT, is the founder of Lena Madsen Yoga. Inspired by Ayengar and Rodney Yee, she has been teaching yoga for 18 years. Lena grew up on the west coast of Sweden. At the core of her practice, as well as her teaching, lies a belief in self transformation through self observation. The physical body and the breath are excellent tools for practicing concentration, presence and relaxation, which can then be used to observe the habits and workings of our mind. Lena uses her thorough knowledge of anatomy and the energetic workings of the human body in her teachings.



Gina Martin, M.S., L.Ac. is a Board certified acupuncturist specializing in Classical Chinese Medicine. She has over 25 years of experience as an educator of Western Bio-Science, Chinese Medicine, and modalities of Asian bodywork.