



My name is **Rebecca Hagman**. I am the owner of White Crane Yoga and Thai-d Together Partner Yoga. During my life journey so far, I have earned my BA in Social Work, MIM (Masters in International Management), RYT200 (Registered Yoga Teacher 200 level), RTT (Registered Thai Therapist), and Certified TRE™ Facilitator. Adding to my repertoire of achievements, I am currently working on my ordination as a New Thought Minister. My focus is working with clients through the healing touch of *Nuad Boran* a.k.a. Thai Yoga Bodywork or Thai Massage, designing specific yoga programs for an individual's needs whether it be physical, mental, emotional, or spiritual healing; and a revolutionary new method for permanent trauma release called Trauma Release Exercises (TRE™). My experience and skill as a counselor combined with my many years of competitive sports and fitness endeavors help me to be an effective Holistic Life Coach and Spiritual Counselor.

I have been involved in my personal wellness since the age of 14 years old becoming a vegan and quickly having to understand proper nutrition and natural remedies for any onset of an imbalance, injury, or dis-ease. I believe I have gained sufficient understanding of health and health issues in those 28 years and love to share them with people. By all means, I am no expert! Yet I have experienced and seen excellent results of living a holistic lifestyle for so long.

I entered the Astanga yoga practice via needing physical therapy for some serious back issues and Fibromyalgia and found it to be absolutely therapeutic and relieving of my symptoms. I am excited to be blessed with the ability to continue the practice and be able to share it with others!

I have spent my life in service to others. This has been my calling and I can do no other. My service has taken me to Sweden, Mexico, Tanzania, Kenya, Guatemala, El Salvador, and Nicaragua. My role of service has been as Social Worker, Addictions Counselor, and Micro-Enterprise Development Consultant, and now as yoga instructor, Thai bodyworker, and Life and Spiritual Coach.

My personal commitment to the world is to help others reach their optimum health and well-being. ***Because, if we don't have our health, we cannot be fully the people we are meant to be!***