

Michael Fischer Yoga Teacher

(317) 430-4468 GetWellIndy.com

- 2010 to present Private Motion Therapy™ sessions done in my home studio. These were mostly the correction of fallen arches, dominant leg, pronation, shoulder pain.
- 2011 Posture Performance Institute Indianapolis
Train in Corrective Exercise, muscle testing, posture and pain. Perform Corrective Exercise instruction for 12 customers.
- 2008 Create Motion Therapy™ as a trademark to encompass my collection of motion solutions.
- 2007 Start Get Well Indy, LLC offering massage, yoga and de-stressing techniques for use on the job.
- 2003 to 2008 Present **Doubles Yoga** to various groups with teaching partner, Eve Earley: Cityyoga, Peace Learning Center, Butler University, annual conference of the Indiana Yoga Association. 15 total events.
- 2006 2 day Thai Massage training with Wilai Johnson and Sue Wagman.
- 2006 Yoga for Seniors: two day workshop given by Dona Robinson.
- 2006 Sean Corn 1 day workshop: Cityyoga of Indianapolis
- 2006 Andy Sugarman 2 day training: Viniyoga, at Cityyoga
- 2005 Bones For Life –By Ruthy Alon. This 4-day training used Feldenkrais derivatives to align lumbar, cervical spine and arch of the foot, and much more.
- 2004 to 2005 Teach regular Thursday intro class at Total Fitness, Columbus Indiana.
References: Amanda and Mark Perry: 812-373-9992
- 2004 Gary Kraftsow Viniyoga 4 day intensive through Cityyoga in Indianapolis.
- 2002 Attend one week of yoga intensives by Omega Institute, New York.
Since then I have visited teachers in Boston, Florida, and Washington, constantly exploring various branches and methods.
- 2001 Certified as a Yoga Teacher by the Sivananda Ashram.
* 30-day course includes Ayurveda, extensive Hatha Yoga, meditation, karma yoga, and anatomy.
- 1999 to 2001 Attend regular classes in the Feldenkrais Method in Cincinnati. Finished 2 years of a 4-year program to become a Feldenkrais Practitioner. I integrated parts of it into my yoga teaching.

1996 to 2005 Teach a Wednesday evening intro to Hatha Yoga at Alternatives for Health, Columbus Indiana. Also running occasional classes in Scottsburg, the Senior Citizens Center, and various locations. Take yoga classes in Indianapolis and Bloomington for more exposure.

1995 Attend regular yoga classes from Cherry Merrit-Darriau of the Deer Path Center. Now my daily practice of hatha yoga for muscle strength, limbering, and meditation is an essential part of my physical health.

1994 Attend my first formal class in Feldenkrais “Awareness Through Movement”, taught by Gabriella Yaron. This method was created by Dr. Moshe Feldenkrais (1904-1984), a student of yoga, martial arts, physics, and the body. He is now widely recognized for astounding results that his students achieve in recovery from injury.

The Feldenkrais method focuses on muscle memory and the part of the consciousness that is always engaged in body postures. I achieved excellent results with my hand and knee injuries through a combination of daily practice of yoga and Feldenkrais.

1993 Attend my first hatha yoga class from Mary Kemper at the Discovery Center in Cincinnati, Ohio. Soon thereafter began to study almost once a week with Mary Claybon. Cincinnati has a strong community of yoga teachers stemming partly from the work of Liliás Folan.

Also at this time I learned about a number of techniques for physical rehabilitation through students of voice at the College Conservatory of Music. These included the Feldenkrais and Alexander Methods.

1992 Repetitive stress injury to wrists and hands. Like many professionals who work with computers all day, I had overdone it at the keyboard and at home in the garden and playing guitar.

As a result of my earlier knee injury, I had begun to channel my exercise activities into my upper body. Eventually this took its toll: I was in pain from injuries to both my upper and lower body.

1987 (Age 29) Receive reconstructive surgery to torn ligament in right knee.

1981 (Age 23) Injury to my right knee, which resulted in torn ligament (anterior cruciate). Had previously been active in sports and dance.