

CAREER SUMMARY

- Developed and facilitated classes and workshops in yoga and wellness for general and specialized populations
 - Developed yoga based wellness programs in conjunction with the National Multiple Sclerosis (MS) Society, Wisconsin chapter, presented these programs in MS support groups and statewide conferences.
 - Taught nursing theory and clinical skills in a community college environment
Responsible for curriculum and instruction in behavioral health, addiction and recovery, medical surgical, maternal child and fundamentals of nursing
 - Worked as a professional psychiatric and public health nurse
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YOGA TEACHING CREDENTIALS

8-Limbs Yoga Centers, Completed 500 hour yoga teacher training 2015

Yoga Tune Up, Studied, 2012-2015

Kripalu Center for Yoga and Health, 200 hour yoga teacher training, August 2000

The Center for Yoga of Seattle, Level 1 & 2 yoga teacher training, Iyengar focus, 1996

PROFESSIONAL NURSING EDUCATION

Clarkson College, Omaha, NE., MSN in Nursing Education, April 2001

Boston University School of Nursing, Boston, MA. BSN, May 1986

YOGA CLASSES and YOGA BASED WELLNESS PROGRAMS

Teaching hatha yoga, 1986-present

Development and presentation of yoga based workshops, December 1996 to Present

Topics include:

Food Issues and body image

Self-care

Self-care for the caregiver

Adaptive yoga for people living with chronic illness or injury

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PROFESSIONAL ORGANIZATIONS

The Yoga Alliance
The American Holistic Nurses Association
Sigma Theta Tau International – The Honor Society for Nurses

PUBLICATIONS

Franklin, A. The life experiences of people with multiple sclerosis who practice yoga: A qualitative case study. *International Journal of Yoga Therapy*, 2002, 12:63-69.
Franklin, A. The life experiences of people with multiple sclerosis who practice yoga: An unpublished masters thesis, 2001.
Franklin, A. Wisdom of the everyday yogi: A guide to managing chronic illness for everybody. *Wise women speak: 20 ways to turn stumbling blocks into stepping stones*, 2001, Carness Health Management
