

Gael Chiarella Alba C-IAYT, ERYT 500, BA, CLD, CCC, HYT

Author, Mentor, Founder, Teacher Trainer

Yokibics Institute, Yokibics Productions and SelfCareOasis.

I began teaching yoga on Long Island NY, opening a private group practice in 1986 combining my work in Crisis Intervention and Suicide Prevention with my apprenticeship to several Yoga Masters throughout the 70's and 80's. After witnessing the ineffective nature of treating mental disorders through psychiatric intervention alone, my career turned. My subsequent years of therapeutic work with individual and groups have been a hands-on practice based on the model of individualized holistic care drawing on the activities expressed through the 8 Limbs of Yoga.

I brought this pioneering body of work as accredited mind body yoga courses at Hofstra University and authored The Yokibics Mindbody Workbook, 40 Simple Steps to the Eight Limbs of Yoga, and produced over a dozen therapeutic meditation based audio programs including Fundamentals of Emotional Freedom, Meditations for Emotional Freedom, AM and PM Yoga Meditations, and Living Joy and Peace. Today I bring yoga therapy to the burgeoning community of unpaid family caregivers on a national level with a focus on the topic "What Yoga Can Teach Us About Death and Dying."

SOURCES of STUDY

Yoga Mentors

Lifetime learner since 1977

Kriya Yoga (Member SRF) Paramahansa Yogananda

Original member New York Yoga Alliance (1970's and 1980's) with visiting faculty including BKS Iyengar, Patthabi Jois, Vasant Lad, Bikram Choudhury, Beryl Bender, more.

Continuous engagement including classes, conferences, retreats, trainings, kirtans, silence, mantra, asana, meditation study and practice.

Yoga Alliance E-RYT 500 and YACEP

Other Bodywork

Rubinfeld Synergy Method, Alana Rubinfeld

Aikido Sensei Henry Smith New York Open Center, Aikido Sensei Ed Hagahara LI Aikikai,

Aikido Sensei Vic Resmini CW Post

Polarity Therapy, Howard Moscow NY Polarity Center

Energywork Apprenticeship, Rev Roslyn Gruyere, author Healing Hands

Energywork Studies, Barbara Brennan author Hands of Light

Crania-Sacral Therapy, Dr. John Upleger

REIKI

Higher Education

BA Psychology, St. Johns University

Masters Certificate in Leadership and Organizational Development, Penn State University

Health Certifications

Certified Crisis Intervention Counselor
Certified Suicide Prevention Counselor
Certified Hypnotherapist
Certified Caregiving Consultant

Anatomy, Physiology and Fitness

Certified American Council on Exercise Fitness Provider
Gold Certified Fitness Provider IDEA Foundation
Certified AFAA
Certified NETA

Founder

Founder 1st and 2nd Annual Mindbody Health and Fitness Conferences
Founder/Faculty Yokibics School for Spiritual Warriors
Founder/Owner Yokibics Institute for Personal Development (33 years)
Founder SelfCareOasis.com

Faculty

Adjunct Professor of Yoga, Dept. Sports Psychology, Hofstra University NY
Yoga Therapy in Special Education, Peak Experience Education Programs, Great Neck NY
RYS Founding Member and Faculty, Yoga Polarity Center NY

Conference and Workshop Provider (Sample)

Omega Institute
IDEA Fitness Conventions
ECA Fitness Conventions
Parapsychology Institute
Hofstra Health Dome
Yokibics Yoga Therapy Retreats
UUMAC Yoga Therapy Retreats
NICABM

Continuing Education Provider

Yoga Alliance Online Webinar Provider yogaalliance.com
YACEP Continuing Education Credit Provider
The Yoga of Caregiving: Certified Caregiver Consultant, Speaker and Continuing Ed Provider
for The National Caregiving Conferences 2016, 2017

RESOURCE

Print Author

Yokibics Mindbody Fitness Textbook
40 Simple Steps: Guide to the 8 Limbs of Yoga ebook
Fruits of Our Caregiving (2017)

Audio Author

Fundamentals of Emotional Freedom
AM Yoga Meditations
PM Yoga Meditations
Meditations for Emotional Freedom
Yoga of Conscious Eating
Relaxation for Weight Loss
Living Peace
Living Joy
My Fearless Flyer
Guided Meditation Provider The Artist Consortium www.ruzuku.com
SelfCare Oasis Pilgrims Path: 52 Mini-Meditations for SelfCare (2017)

Owner www.yokibics.com
Owner www.SelfCareOasis.com

The Simple Steps blog at SelfCareOasis.com
Owner Pilgrims Path Meditation Membership
The Yoga of Caregiving: caregiving.com

MENTIONS

Woman of the Year: New York Nassau County Coalition Against Domestic Violence
Yoga for Athletes and Colorado High Peaks Climber; Certified Advanced Scuba Nitrox Diver

Volunteer Work

Volunteer Creedmore State Psychiatric Center
Volunteer caregiving.com: The Yoga of Caregiving
Volunteer WellSprings Community Springboard Leader: Yoga for Health
Volunteer UU Mid-Atlantic Community: Yoga as a Spiritual Practice

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