



**April Showman-** Certified Yoga Instructor, Yoga Therapist, Thai Yoga Massage Therapist, Holistic Nutritionist, and Natural Food Chef

April Showman began practicing Yoga in 2003 while attending college at Kutztown University in Pennsylvania. She received her 200-hour Hatha Yoga Certification from the Shambhava School of Yoga located in Rollinsville, Colorado in 2006. The Devalila Yoga director, Stephanie Pappas presented her with a certification in Yoga posture adjustments in 2008.

In 2010, she received a 50-hour certificate of training in the align and flow Anusara principles of alignment, and the same year received a certificate from the Vedic Conservatory for The Art of Vedic Thai- Yoga Bodywork.

In 2012 she completed a 300-hour Yoga Therapy education course from The Yoga Life Institute. In 2013 April traveled in Thailand and India where she studied Thai Massage in Chiang Mai, Thailand at the Old Medicine Hospital.

She received a 60-hour certification from the Thai Massage School Shivagakomarpaj on November 8, 2013. April continued her Thai Massage training with the renowned Thai Yoga Bodywork therapist, Mukti Michael Buck when she visited the Omega Institute in Rhineback, New York in 2014. In 2019, she received a certification in Holistic nutrition from the American Fitness Professionals Association. In 2022 she received her Level 1 trainings in Tantra Yoga and Somatic Yoga healing practices.

She is excited to share her knowledge and passion for holistic healthy cooking and wellbeing practices. She loves eating and preparing gluten free, plant based, organic whole foods that heal and nourish our bodies. She also enjoys playing the guitar and singing, bike riding, hiking, skiing and all forms of yoga and massage.