



Lara (Narayani) Golland
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Employment History

CanSo Spa Group/Hamadi Organics	NW USA	2009
Stanford Inn by the Sea	Mendocino, CA	2009
Old Edwards Inn and Spa	Highlands NC	2008
Spa Ritual	East Coast USA	2008
Namaste Yoga Sanctuary	Asheville NC	2008
Kukundi Dance and Drum Project	Asheville NC	2006-2007
Private Practice	Asheville, NC	2004 - present
Pura Vida Yoga and Wellness Resort	Dahlonoga GA	2004
The Emerson Spa	Woodstock, NY	2004
Silk Day Spa	New York, NY	2003
Asheville Yoga Center	Asheville NC	2002
Satchidananda Ashram-Yogaville	Buckingham, VA	2002
Mountain Waters Spa	Lake Lure, NC	2001-2002
Asheville Massage Therapy Associates	Asheville, NC	2000-2001
New York Health and Racquet Club	New York, NY	1999-2000
Plus One Fitness	New York, NY	1998-1999
The Waldorf Astoria /	New York, NY	1998
Trump International Hotel/	New York, NY	1998
The Palace Hotel	New York, NY	1998

Positions Held

Professional Massage Therapist, Yoga Instructor, Yoga Retreat Facilitator, Assistant for Yoga Teacher Training, Pancha Karma Assistant, Resort Management Trainee, Assistant Manager. Spa Supervisor/Trainer, Trainer for Spa Therapists, Hot Stone Massage Instructor, Ayurvedic Massage & Bodycare Trainer, Spa Product Educator, Co- Director for Cultural Arts Project, MLM salesperson, Eco-Product Sales Representative, NCBTMB Ayurvedic Massage Educator/Trainer

Spa/ Healing Modalities

Swedish Massage, Deep Tissue, Shiatsu, Aromatherapy, Reiki, Intuitive Healing, Ayurvedic Massage & Education, Shirodhara, Pre/Post-natal Massage, Body Wraps & Scrubs, Natural Facials, Hot Stone Massage, Massage Trainings, Reflexology, Pre/post natal Yoga, Hatha Yoga, Meditation, African Dance, Qi-Gong, Thai Yoga Massage, Essence Work

Basic Education

Rockland Country Day School	Congers, NY	1988/HS degree
Oneonta State University	Oneonta, NY	1992/BA
The Swedish Institute	New York, NY	1997/LMT
Integral Yoga Institute	New York, NY	1999/CYI

Continuing Education

• Thai Massage-Level 2 <i>18 ce hrs</i>	Fairview, NC	2009
• Mountin BizWorks Small Business Training	Asheville, NC	2008
• Intro Thai Yoga Massage <i>18 ce hrs</i>	Highlands, NC	2008
• Ayurvedic Yoga Teacher Training <i>w / Scott Blossom</i>	Asheville, NC	2008
• Essence Work Training-level 1 <i>w/ Lania Desmond</i>	Asheville, NC	2007
• Roots of Herbalism: 135 hr course <i>Chestnut School of Herbal Medicine</i>	Asheville, NC	2007
• Reflexology-24 ce hr Certification	Weaverville, NC	2007
• National Ayurvedic Conference	Albuquerque, NM	2007
• Ayurvedic Massage & Body Care Training <i>The Ayurvedic Institute-60 ce hrs</i>	Albuquerque, NM	2006
• Pregnancy Yoga Teacher Certification <i>Asheville Yoga Center</i>	Asheville, NC	2006
• DONA Doula Training	Asheville, NC	2005
• Ayurveda 50 hr Lifestyle Course	Asheville, NC	2005
• 5 day Ayurvedic Healing Training <i>w/ Dr. Vasant Lad</i>	Monroe, NY	2004
• Marma Therapy workshop	Asheville, NC	2004
• Tara Spa Training at The Emerson Spa	Woodstock, NY	2004
• Sacred (Hot) Stone Massage & Facial Training <i>Ayurvedic Hot Stone modality: 24 ce hrs</i>	Newport, RI	2003
• Wholistic Doula Training <i>The House of La Matrona</i>	Asheville, NC	2002
• Ayurvedic Massage Assistant (PK) <i>w/ Vishnu Das</i>	Asheville, NC	2002
• Qi-Gong Teacher Training	Asheville, NC	2002
• Mind/Body Creating Workshop	Rutherfordton, NC	2001
• Gritman Essential Oil Workshop	Asheville, NC	1999

Professional Membership Organizations

- Associated Bodywork and Massage Professionals
- NY State Licensed Massage Therapist
- NC State Licensed Massage Therapist
- National Ayurvedic Medical Association