

Stephanie Dickerson



Stephanie grew up learning about Ayurveda and yoga. She learned to meditate using the TM Children's Program at age 10 and TM (Transcendental Meditation) at age 21. This introduction to unbounded consciousness stayed with her even during the most tumultuous of times. Stephanie took her first yoga class at age 14. She began to seriously study yoga during college, beginning with Iyengar, then Ashtanga Vinyasa and then delving into many years of studying Anusara yoga. She has been extremely blessed with many personal teachers over the years. Her studies of yoga and Ayurveda have been primarily in the traditional method of a long-term personal relationship with her teachers, beginning with her father who has been teaching meditation for 40 years and has owned an Ayurvedic practice in Portland, OR since 1991. Stephanie is a 2nd generation Ayurvedic practitioner- relatively rare in this country!

After earning her B.S. in Environmental Science and developing a profound understanding of our mistaken separateness from nature (praggy parad) during this study, Stephanie began to look towards yoga, massage and Ayurveda as her life path. She attended the Hawaiian Islands School of Wellness and Body Therapies, one of the highest ranked massage schools in the nation, and then studied privately with her primary instructor there. Stephanie was then able to study Ayurvedic massage privately with Pamela Monroe, who was the lead therapist trainer for John Douillard's Life Spa in Colorado.

With this knowledge Stephanie began her private practice teaching yoga and offering massage and Ayurvedic therapies in 2002. This has been her full-time work since then.

During this time she has continued to deepen her study of Ayurveda and yoga, using it to heal her own imbalances and work towards a more abiding sense of wholeness. As T.K.V. Desikachar says, 'if you want to know how you are doing with your practice, look to your relationships'. Happily married, Stephanie is profoundly grateful for the years of personal work that have made a healthy relationship possible.



On the path of her study of yoga asana and the psychology of yoga, Stephanie became a student of Sarahjoy Marsh, M.S. in 1999. Sarahjoy owns Amrita, a yoga studio in Portland, OR. Sarahjoy is well-renowned for her skillful teaching, effective counseling, as well as her tireless commitment to Karma Yoga and her non-profit Living Yoga that brought yoga into the prison system and beyond in Oregon. Stephanie began teaching yoga in 2000, mentored by Sarahjoy. Since then Stephanie has spent countless hours learning from her, in both formal and informal settings.

Since 2003 Stephanie has worked with Dr. Mary Jo Cravatta, one of the foremost experts in nadi vignyam (pulse diagnosis) and the subtle aspects of Ayurveda and owner of Shaktiveda. Stephanie has worked with Dr. Cravatta extensively on her path of personal growth and has also had an on-going internship with Dr. Cravatta from 2004 through 2011. Stephanie also worked with Shaktiveda and Dr. Cravatta to offer Ayurvedic therapy instruction.

Stephanie's knowledge of yoga and Ayurveda is deeply held. This kind of understanding allows her to share the wisdom of Ayurveda and yoga in a way that is accessible and applicable for people of all walks of life, on all stage of their path of personal growth.