

# Theresa M. Tovey

*Occupational Therapist  
Children's Yoga Teacher  
Lead Trainer for Radiant Child Yoga*

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[lightinyouyoga.com](http://lightinyouyoga.com)

## EMPLOYMENT

### **Regional School District #4, Essex-Deep River-Chester, CT** *Occupational Therapist*

September 1989 - PRESENT

Provide occupational therapy services to students from Preschool to High School. Integrates children's yoga and mindfulness into the PS - Grade 6 curriculum both directly and through teacher training.

### **Middlesex Memorial Hospital, Middletown, Connecticut** *Supervisor of Occupational Therapy*

December 1986 - December 1988

Supervision of occupational therapy staff and students, administrative responsibilities, direct patient care, inpatient, outpatient, and homecare

### **Crozer-Chester Medical Center, Chester, Pennsylvania** *Staff Occupational Therapist*

June 1985 - September 1986

Direct patient care in pediatrics, birth to five, hand therapy, burn treatment, acute care, and rehabilitation.

## EDUCATION

### **University of Puget Sound, Tacoma, Washington** *Master of Occupational Therapy*

September 1982 - April 1985

### **University of Connecticut, Storrs, Connecticut** *Bachelors of Arts - Human Development & Family Relations*

September 1976 - May 1980

## OCCUPATIONAL THERAPY PROFESSIONAL CERTIFICATION

### **National Board for Certification in Occupational Therapy** AA269282, Since: 12-9-1985

## BUSINESS

Light in You Yoga, LLC

## SKILLS

Sensory Integration Therapy

Visual Perception and  
Ocular-Motor Therapy

Developmental Fine & Gross  
Motor Therapy

Children's Yoga/Mindfulness

## CERTIFICATIONS

SIPT Certified - Sensory  
Integration and Praxis

Advanced Therapeutic  
Listening - Sheila Frick Sound  
Activated Therapy

Yoga Alliance - E-RYT 200  
Registered Yoga Teacher

Yoga Alliance - RCYT  
Registered Children's Yoga  
Teacher

Yoga Alliance - YACEP  
Continuing Education  
Provider

Radiant Child Yoga  
Lead Trainer for Level 1-3  
Foundations 30 HR Course

Radiant Child & Family Yoga  
200 Hour Training

Bhogah Yoga - Vinyasa Yoga  
200 Hour Training

Kundalini Research Institute  
200 Hour Level I Training

Student at IAYT Phoenix  
Rising Yoga Therapy School