

Theresa M. Tovey

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

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Chester, CT 06412
(860) 830-0025
ttovey@comcast.net
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
CT License #: 000675

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

Usui Reiki Level 1 & 2

Emei Qigong Level 1

Student at IAYT Phoenix
Rising Yoga Therapy School

