

# Ginny Nadler

*CYT, Mentor Teacher, Success Wellness Coach*

*www.CoreBodyWisdom.com*

## **Founder and CEO of CoreBodyWisdom™ LLC, 2003**

A company promoting sustainability principles and health and wellness practices at home, in our business, and in the community.

## **Creator of Structural ReAlignment Integration™**

A therapeutic modality for health practitioners to treat patients with pain and injuries using a systematic approach to achieving pelvic alignment and ultimately gaining freedom of movement and prevention of injury.

## **Partnerships and Coaching:**

### **Success Wellness Coach and Consultant, 1985-present**

Ms. Nadler creates Wellness Initiatives, sustainable long term wellness programs for individuals and companies. From 1985 to 1993 she was a leader in the creation of such initiatives working with companies in Silicon Valley, California.

### **Wellness Development Lifestyle, 2005**

Partnership formed in 2005 with Dr. Deborah Musso, a leading Network Spinal Doctor, providing transformative lifestyle wellness initiatives and well care practices to corporations and individuals.

### **Owner and Director, Urban Global Healing Center & Yoga Studios, New Haven, CT, 1993-2001**

Partnership with Yale/New Haven and Griffin Hospitals offering the community alternative therapies to allopathic medicine. Also created Teacher Training Programs in Body Alignment.

### **Inner City School Wellness Program Creator, New Haven, CT, 1995-2001**

### **Young women program coordinator, New Haven Penal Department, 1995-1997**

Created programs for young incarcerated women in conjunction with the New Haven Penal Department. New facility created to provide an opportunity for girls on the street and at high risk to experience a more caring environment.

**The Women's Workshop Facilitator, USA, 1991-1993.** Brought and facilitated The Women's Workshop in the United States based on the Vancouver model

### **Consultant, British Columbia, Canada, 1987-1991**

Partnership to create mutual self-help sustainable support networks for woman and families

**Nutrition Consultant and Wellness Educator, San Andreas Health Council Palo Alto, California 1981-1987**

### **Women's Program Creator, Redwood City High School, Redwood City, CA. 1982-1984**

Established anorexia and bulimia programming for women enrolled in dance programs.

### **Educator, New York School System, New York City and Rochester, NY, 1968-1972**

Created first wellness programs with elementary age students, providing nutritional education as an alternative to Ritalin

## **Education and Training:**

### **Iyengar yoga certification**

BKS Iyengar Institute, India and San Francisco, California 1980-1987

### **Graduate work in Holistic Education, specialty in Nutrition**

John F. Kennedy University, 1981-1983

### **Educational Psychology and Linguistics**

State University of New York College at Brockport, 1969-1971

### **BA, Educational Psychology**

City University of New York, Hunter College 1964-1968

## **Speaking Engagements:**

Nadler, Ginny. SRI with Pilates. Case Western University Theater Department. Cleveland, OH. January, 2013

Nadler, Ginny. SRI and the aging body. Oasis Center for Senior Education, Syracuse, NY. 18 November 2012.

Nadler, Ginny. Structural ReAlignment Integration for Movement Therapists. One Center Yoga, Asheville, NC. 12 April 2012

Nadler, Ginny. SRI for Pilates Instructors. Cleveland, OH. August, 2011

Nadler, Ginny. SRI for Yogi's. Dallas Yoga Studio, Dallas, TX. April, 2011

Nadler, Ginny. Structural ReAlignment Integration™: A Revolutionary Approach to Pain Free Movement Imbalance in the Pelvic Floor at the site of the Perineum as it Relates to Posture and Lumbo-Pelvic Misalignment Leading to Hip, Pelvic and Low Back Pain. 7th World Congress on Pelvic Floor and Low Back Pain, Los Angeles, CA. 2010

Nadler, Ginny. The Nature of Nature's Body. Glen Rose, TX. October, 2009.

Nadler, Ginny. Breathing, Asthma and Pelvic Floor Dysfunction. Griffin Hospital of Yale, Derby, CT, 2009.