

# KARINA MIRSKY

501 N. Clarendon St.  
Kalamazoo, MI 49006

email: karina@karinamirsky.com  
web: karinamirsky.com

cell: (269) 370-5486

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## PROFESSIONAL QUALIFICATIONS

- M.A. in East-West Psychology; in private practice since 2009
- Client centered, Parts Work, and somatic interventions for nervous system regulation
- Spiritual and biopsychosocial approach to trauma, grief, anxiety, chronic pain, etc.
  - Spiritual abuse and religious trauma informed
  - Collective trauma. epigenetic stress; BIPOC & LGBTQ+ informed
  - Sex work, kink, and ethical non-monogamy informed
- 25 years of spiritual entrepreneurship and heartfelt service to others
- Owner & Spiritual Director of Sangha Yoga in Kalamazoo, MI for 12 years
- Officiating non-religious weddings, baby blessings, rites of passage ceremonies (ULC 1999)
- Focus on community care, collective healing, and group contemplative practice
- Exceptional written and verbal communication and presentation skills
- Published Author of self-help books, magazine articles, audio meditations, and video content
- Seasoned at curriculum design for trainings, coaching programs and retreats
- Lives into the values of curiosity, acceptance, and compassion
- Long history of dedication to continued growth as an anti-racist, equitable, inclusive and accessible whole-person care provider. - References upon request

## EDUCATION & TRAINING

- Numerous workshops with experts in Trauma, Neuroscience, Anti-Racism (2015-present)
- Integrative Inner System Therapy (IIST) training with Tom Holmes, Ph.D. / (2004 – Present)
- Religious Trauma Certification (estimated completion, March 2024)
- Internal Family Systems (IFS) Inspired Coaching Program / October 2018
- Ten years of study in the Sri Vidya Tradition at the Himalayan Institute 2006-2016
- M.A. in East-West Psychology, Antioch University Midwest / June 2009
- ParaYoga Master Certificate & Yoga Alliance RYT 500 designation / November 2004
- Ten years of study under master yoga teacher, Rod Stryker, 1998-2008
- Disabilities Management Massage Therapy Apprenticeship / 1996-1999
- B.B.A. in Management, Western Michigan University (minor in Holistic Health) / April 1998

## PROFESSIONAL EXPERIENCE / 1998-2022

- Facilitating group and individual yoga and meditation classes / 1998-2019
- Performed over 70 non-religious wedding ceremonies in Michigan since 1999
- Annual lecturer in Western Michigan University's Holistic Health department/ 2001-2020
- Owner and Spiritual Director of Sangha Yoga in Kalamazoo, MI / 2003-2014
- Workshop & training development since 2004, (online seminars since 2018)
- Hosting international retreats since 2008
- In private practice as spiritual IIST therapist & IFS coach since 2009
- Faculty Teacher at the Himalayan Institute / 2010-2016
- Adjunct professor of Yoga Studies at Antioch University Midwest / 2010-2017
- Annual guest presenter in yoga certification programs in the US and abroad since 2011
- Developed a meditation program for a local Deaf and hearing impaired community in 2012
- Producing online video and audio content for *Yoga International*, 2012-2016
- Presenting in spiritually oriented online tele-conferences since 2014
- Producing meditation and relaxation content for *Insight Timer* Meditation App since 2015
- Developed Yoga Mindset Coaching (YMC) online training program in 2019
- Facilitated online Collective Healing events during COVID-19, 2020
- Founded ASPS (Abuse of Spiritual Power Support), international self-help group, 2021
- Co-founder of the Roots of Yoga YTT, D.E.I grant funded by Fetzer Institute, 2022

## KEY MEDIA HONORS / 2008-2022

Annual	Power of Meditation	presenter, tele-summit (2016-present)
Oct 2021	Internal Family Systems	presenter, IFS Annual Conference
May 2019	Amazon best-selling book	published book on Yoga & IFS coaching
Oct 2018:	"Wisdom Warriors"	biography in Stephanie Spence's book
May 2018:	MindBodySpiritSquad	presenter, "Mind Body Spirit Summit"
July 2016:	Where's My Guru	presenter, "Sex, God, Yoga" tele-conference
Jan. 2016:	Spirituality & Health	featured in "100 Trailblazers in Yoga & Meditation"
Nov 2014:	Yoga Wisdom Wellness	presenter, "Yoga Beyond the Poses" conference
Dec. 2012:	Huffington Post	interview with Rob Schwart: "Yoga for Disabilities"
Nov. 2012:	Yoga International	cover model
July 2012:	Origin Magazine	biographical feature in "Inspire Series"
Aug. 2011:	Yoga International	two-page article on moon salutation
Dec. 2009:	Encore	six-page biography in local arts magazine
Nov. 2009:	Yoga Journal	interview for article about retreats
Mar. 2008:	Yoga Journal	feature: "21 Famous Top Yoga Teachers in America"