

# MEET CHIEF WELLNESS OFFICER



# Ivor Edmonds



## *Certified Instructor of:*

- ▶ Gendai Reiki Ho (Master Level)
- ▶ Usui Reiki Healing (Level II)
- ▶ Vinyasa Yoga (E-RYT 200)
- ▶ Qigong
- ▶ KemetiC Meditation
- ▶ Reiki Meditation
- ▶ Pilates
- ▶ Meditation
- ▶ Community Crisis Response
- ▶ Health and Wellness Consultation

Ivor Edmonds is a trauma-informed systems builder who holds a Master of Applied Healing Arts (MHA) from the Maryland University of Integrative Health. He has 20 years of experience working with gangs and troubled youth, homeless populations, victims of violent crime, survivors of trauma and rape, the mentally ill, and senior centers.

## *Created Seminars & Workshops for:*

- ▶ Boston Public Schools
- ▶ Oberlin College
- ▶ Harvard Divinity School's Reiki Association
- ▶ St. Francis House Homeless Shelter
- ▶ Action for Boston Community Development
- ▶ The City of Boston
- ▶ Boston Parks & Recreation Fitness Series
- ▶ Tewksbury State Hospital
- ▶ Boston Medical Center.
  - ▶ VIAP (Violence Intervention Advocacy Project)
- ▶ City Mission Society
- ▶ The Commonwealth of Massachusetts
- ▶ MIT (Massachusetts Institute of Technology)

## *Contact Ivor Edmonds:*

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# Virtual S | Á | G | A

## STUDIO

with Ivor Edmonds



Chief Wellness Officer Ivor Edmonds, MHA, YACEP, C.Qg, Reiki M is available to support you right where you are, from the familiar comfort of your own space when it is convenient for you, with live online and on-demand movement and meditation classes.

### Join Ivor in the Virtual Studio

Everyone is welcome in the virtual Sága Studio with live online classes including:

- ▶ Yoga (*Vinyasa and trauma-sensitive classes*)
- ▶ Qigong
- ▶ Mat Pilates
- ▶ Yoga-lates
- ▶ Reiki Meditation

### On-Demand Studio Library

With an Unlimited Access subscription, students can tap into the Studio Library, which offers numerous pre-recorded classes to practice with on-demand.



Chief Wellness Officer Ivor Edmonds, MHA, YACEP, C.Qg, Reiki M

Sample a single class

\$15 per class

Get Unlimited Access

\$75 per month

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