



2017-2018 Alliance Coach Bio

Name: Anna Del Prado Sellers

Professional Background: Currently Physical Educator grades K-5 at Kenrose Elementary, Williamson County Schools

Previously: Health Educator, grades 6-12 Clarkstown Central School District, New York; Program Manager at UBS Corporate Wellness Center, Stamford, CT; Exercise Physiologist at The Boeing Company, Seattle Washington.

Personal: I am a TEXAS girl who has been happily married more than 20 years, with twin 14-year-old daughters. Our girls play varsity volleyball at Brentwood Middle School and have trained and competed at Alliance.

An avid runner, I have completed the New York City and Marine Corps Marathons and many half marathons as well. It was the running that brought me to my first yoga class in Seattle, Washington in 1996, in an effort to avoid injury. I earned my Registered Yoga Teachers Certificate in New York, where I was a member of the Yoga Teachers Alliance of Westchester County. It was through the YTA that I studied with many of yoga's most elite yoga teachers in the country, including Rodney Yee, Shiva Rhea, Beryl Bender Birch, Tao Porch Lynch, David Swenson among many others. After all these years, I am still running and practicing yoga injury free.

Education: B.S. in Physical Education and Health from The University of Texas at San Antonio; Masters in Education in Exercise Science from Southwest Texas State University (now Texas State University).

Coaching/Teaching: I have been teaching, studying and practicing yoga for over 20 years, teaching all age groups, from 5 years of age on up. I have taught yoga in the corporate setting, community, home, school and church setting. As a volunteer I even taught yoga to teenage girls who are incarcerated here in Nashville. Most recently, I have taught yoga to students who were trained in ballet, gymnastics and cross country.

Coaching Philosophy: I am an educator at heart. I believe yoga to be transformational and healing to the body and mind. My desire is to teach athletes how to have strong, mobile and flexible bodies their entire lives. I not only believe yoga can reduce the risk of injury, but help

heal old injuries. It also aids in focusing the mind and calming the body in times of stress and anxiety. I am looking forward to this next adventure!