



GWEN LAWRENCE, BS, LMT, e-RYT500, RYTherapist



BS: Art and Dance S.U.N.Y. New Paltz, 1986

LMT: (licensed massage therapist) Swedish Institute of Massage Therapy, NYC, 1991

e-RYT500: (registered yoga teacher) Triangle Yoga Studio, Santa Monica, CA, 1998 and Yoga Mountain, Nyack, NY, 2000

RYTherapist: (registered yoga therapist) International Association of Yoga Therapists (IAYT)

Gwen Lawrence has been a practicing fitness professional since 1990. Her current practice includes private massage and yoga training, yoga class instruction and sports yoga training. Gwen’s unique combination of dance, massage and yoga training, coupled with her extensive knowledge of anatomy, nutrition and homeopathy, provide her clients and class participants with overwhelming benefits.

Gwen is the official spokesperson for **Afrin PureSea Hydrating Nasal Rinse**, Schering-Plough HealthCare Products, Inc.

Massage Therapy

Gwen has been a licensed and insured, private practice massage therapist in New York and Connecticut since 1992, working with varied clients from newborns to the elderly and professional athletes to the terminally ill. She received her license from the Swedish Institute of Massage Therapy and Allied Health in New York, NY. In addition to her private practice, Gwen also worked as a massage therapist at Katonah Physical Therapy (1991-1995) and with Dr. Howard Past, DC (1991-1997).

Gwen is trained in Swedish massage, shiatsu, reflexology, lymph drainage massage, medical massage, trigger point work and sport massage. She has also worked extensively on pre and post- natal massage and is included on many Westchester physicians’ and midwives’ referral lists. Gwen also continues with many of her clients after birth, teaching infant massage techniques.

Yoga Training

Gwen has been a nationally recognized, registered yoga teacher since 1998 when she attended intensive instructor training at the Triangle Yoga Studio in Santa Monica, CA. She is schooled in Iyengar, Hatha, and Ashtanga yoga, but prefers teaching a blend of the three styles that works the entire body and mind.

Gwen received her experienced 500 hour yoga certification under the direction of Gail Walsh at Yoga Mountain in Nyack, NY. She is an assistant teacher for the certification teacher training course at Yoga Mountain, and is continuing in the study of various yoga schools. Gwen is a member in good standing of Yoga Alliance (YA) and the Yoga Teacher’s Association (YTA) as well as a registered yoga therapist with the International Association of Yoga Therapists (IAYT).



Gwen is also the founder/director of the Laws of Yoga School of Yoga.



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Gwen teaches yoga to a wide variety of groups including:



- Athletic Trainers' Society of New Jersey - 2008 Northern Conference Speaker
- Team yoga instructor for the New York Giants football team
- Team yoga instructor for the New York Red Bulls soccer team
- Team yoga instructor for the New York Knicks basketball team
- Team yoga instructor for the New York Rangers hockey team
- Yoga instructor for several New York Yankees baseball players
- Team yoga instructor for the Pace University baseball team
- Guest yoga instructor for the University of North Carolina baseball pitching staff
- Yoga instructor Iowa Style Wrestling School, Millwood, NY
- Yoga instructor for the Rye Country Day School baseball, football, lacrosse, field hockey, soccer, and squash teams since 2000
 - 2002 Football - FAA League Champions (Fairchester Athletic Association; WNEPSA Runner Up Western New England Prep School Association)
 - 2003 Baseball - NYSAISAA Champions (NYS Association Independent School Athletic Association)
 - 2008 Baseball – Tournament and FAA League Champions
- Rye Country Day School teaching yoga as a physical education class
- White Plains YWCA Middies Senior Swim Team
- Raquette Lake Boys and Girls Camp, Adirondack, NY

Gwen has also trained privately and on location with Glenn Close for her movies, “102 Dalmatians”, “Sarah Plain and Tall III”, and “South Pacific”.

Fitness Experience - As a fitness professional since 1990, Gwen has also:

- Managed and operated private fitness centers in both corporate and residential facilities; taught aerobics, weight training, personal training and designed special motivational programs for all age groups.
- Worked as a swim instructor and lifeguard, teaching swimming to people of all ages.
- Placed 4th the 1990 Miss Fitness America and was featured on ESPN’s coverage of the event.
- Accepted as a 2003, 2004, 2005, 2006, 2007, 2008-09 member of the PowerBar Team Elite™ Program.

Clients include (by permission):

David Letterman
 Regis and Joy Philbin
 Members of the Rockefeller Family
 Members of the Bush Family
 Matts Wilander
 Marybeth Hurt
 UN Secretary General Kofi Anon
 Carmen and John Thain

Jill Goodacre and Harry Connick Jr.
 Glenn Close
 Frank and Kathie Lee Gifford
 Baron Baptiste
 Bob and Lee Woodruff
 Meaghan Francella (LPGA)