

KAREN CHURCH

710 Cooper Avenue Suite 100 Glenwood Springs Colorado 81601

PROFESSIONAL WORK

PHYSICAL THERAPY

- Private Practice, Out-Patient Orthopedics. Glenwood Springs, CO—1998-present.
- Established Valley View Hospital (VYH) Sports Medicine satellite clinics at the Sunlight Racquet Club and Hot Springs Pool and Athletic Club, Glenwood Springs, CO—1991-1998.
- Integrated Rehabilitation. Multi-disciplinary team member of chronic pain clinic. Training in Vladimir Janda system of exercise using Norwegian Exercise Equipment. Toronto, Canada—1990-91.
- Orthopedic Locum positions in Victoria, British Columbia and Québec, Québec. (en français)—1989.

LECTURES & WORKSHOPS

Therapeutic Yoga

- This multi-media workshop integrates physical therapy, yoga and self-care for the human body. New digital images provide inspiration for healing and enhance visual learning.

Anusara Yoga

- Affiliated Anusara Yoga Instructor of weekly classes workshops. Glenwood Springs, Carbondale 2000-2005. All Levels Yoga weekly classes 2007-08.

Physical Therapy

- Lab Assistant to Gregg Johnson—Functional Mobilization of the Upper Quadrant, 2000, Lower Quadrant, 1997. Institute of Physical Art, Steamboat Springs, CO.

Anatomy

- College Lab Instructor. Colorado Mountain College (CMC), Glenwood Springs, CO—1991-92.

Aquatic and Therapeutic Exercise

- Presented in community, at local businesses and Hot Springs Pool in collaboration with VYH and CMC 1991-2000.

PUBLICATIONS

Therapeutic Yoga. Integrates physical therapy, yoga and mindful self-care for the human body. ISBN 0-9741796-0-4, 2003. To view book or purchase copy, visit www.therapeuticyoga.net

Setting up a Private Practice in Ontario, Publication for Ontario Physiotherapy Association, Toronto, Ontario, Canada, 1989.

RELATED WORK

- Photographer—Digital Storytelling, Educational Media (Anatomy, Physical Therapy, Yoga).
- Ontario Physiotherapy Association, Communication Committee, Toronto, Canada—Promoted physiotherapy to media, government and public, 1988-89.
- Tour Guide/Boat Driver—Conducted tours which involved interpreting the geology, history, and wildlife of Maligne Lake, Maligne Lake Tours, Jasper, Alberta, Canada— 1987.
- Sports Hostess and P.R. Rep.—Organized golf tournaments and sports activities for guests of the lodge, Bangor Lodge, Lake Muskoka, Ontario, Canada—1983-86.