

# SUPINDA SIRIHEKAPHONG

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I've been exploring hatha yoga ever since a friend invited me to my first yoga class at Jivamukti, New York in 2010. My yoga practice has helped me find balance and clarity between my internal and external environments and I hope my students achieve the same.

After a successful 15 year career in the nonprofit sector and higher education, I found my calling in supporting growing families by becoming a birth doula, which led to completing a 200 hour yoga teacher training with Breathe for Change and a prenatal yoga teacher training with Lotus Blossom.

I'm dedicated to helping both novices and long-time practitioners of mindfulness practices, (re)discover their capacity to rise up, find balance and overcome challenges in everyday moments and life changing events such as childbirth. I hope to provide a safe space for investigation and intention setting, leading to a deeper sense of strength, stability and serenity.

## PROFESSIONAL EXPERIENCE

### BIRTH DOULA

Mar 2018 – Present, [Infinite Support Doula Services](#), Oakland, CA  
Mar 2018 – Nov 2019, Roots of Labor Birth Collective, Oakland, CA

### YOGA TEACHER

Dec 2019 – April 2021, Instant Karma, Joshua Tree, CA  
Apr 2019 – Nov 2019, Prenatal & Postpartum, YogaLove, Oakland, CA  
Jul 2019 – Nov 2019, Anytime Fitness, Orinda, CA

### INTERNATIONAL HIGHER EDUCATION

Mar 2012 – Jun 2017, Program Manager, Cañada College, Redwood City, CA  
Jan 2008 – Dec 2011, Student Advisor, The New School, New York, NY  
Nov 2006 – Dec 2007, Assistant Director, Arcadia University, Glenside, PA

### NONPROFIT

Sep 2017 – Nov 2019, Part-time Office Manager, Global Healing, Oakland, CA  
Nov 2004 – Oct 2005, Grant Writer, Harlem RBI, New York, NY  
Aug 2001 – Oct 2004, Development Assistant, Weizmann Institute, New York, NY

## TRAININGS & CERTIFICATIONS

REGISTERED 200 HOUR YOGA TEACHER, MARCH 2019

Yoga Alliance Registered Yoga Teacher Training, Breathe for Change

CERTIFIED 100 HOUR PRENATAL YOGA TEACHER, APRIL 2019

Yoga Alliance Registered Prenatal Yoga Teacher Training, Lotus Blossom

TRAINED 80 HOUR TRADITIONAL THAI MASSAGE, OCTOBER 2019

Baan Hom Samunphrai, Chiang Mai, Thailand

CERTIFIED BIRTH DOULA, OCTOBER 2018

DONA International

ADULT AND PEDIATRIC CPR/AED & FIRST AID CERTIFICATION, MARCH 2019

American Red Cross

ABORTION DOULA, MAY 2021

Birth Advocacy Doula Training

BREASTFEEDING PEER SUPPORT, AUGUST 2020

WIC & Contra Costa Health Services

## EDUCATION

EDUCATIONAL LEADERSHIP DOCTORATE, MAY 2016

San Francisco State University, San Francisco, CA

MASTER OF SCIENCE, NONPROFIT MANAGEMENT, MAY 2006

The New School, New York, NY

BACHELOR OF ARTS, COMMUNICATIONS, DECEMBER 2000

Bond University, Gold Coast, Queensland, Australia