



Great Brook Yoga

Regine Detremmerie-Carr | 161 Park Road | Chelmsford MA 01824

## Regine's Personal Journey with Movement and Health

My love of movement is lifelong and has taken me from my native Belgium to Holland, France, the United Kingdom, and the United States. It began in my teenage years, when I led my fellow high school students in physical exercise between classes. Then in 1977, my interest in macrobiotics brought me to Boston, Massachusetts. Here, I took my first yoga class – Iyengar yoga. I also learned more about nutrition and other styles of yoga and natural healing modalities.

Six months later, I went back to Belgium and the Netherlands to teach classes in macrobiotic and healthful cooking and to sell healthy foods in natural food stores. To pursue my interest in movement more deeply, I studied Iyengar yoga with Victor van Kooten. This was followed by an intensive immersion study of Iyengar yoga for 18 months with Annemiek Post, where I started teaching my first yoga classes.

Returning to Boston in the mid-1980s, I taught cooking classes at the Kushi Institute, facilitated cooking for cancer patients, apprenticed with Carol Nelson in the art of restorative yoga, and taught yoga privately. I also traveled to France to study the art of aplomb (axis of gravity) with Noelle Perez. As my spectrum of experience grew, I became a student of Goenka's vipassana meditation.

Inspired by the birth of my daughter in 1991, and the work of Janet Balaskas, I began my focus on using yoga to prepare for birth and motherhood. I also became certified in the art of pranic (energy healing) under Grand Master Choa Kok Sui.

My journey continued when I was diagnosed with breast cancer in 2000. I discovered the healing power of dru yoga and completed the four-year dru yoga teacher-training program in Wales.

My teaching is informed by my lifelong interest in holistic healing, my experience of motherhood, my journey through breast cancer, and my connection to Rudolf Steiner's philosophy of anthroposophy. My hobbies are gardening, early music, and the recorder. I continue to explore and deepen my commitment to movement and health. I feel privileged to connect with each one of you as an individual.

## Regine's Work Experience in Yoga

1985-1989	Studio of Annemiek Post, Chaam, Netherlands <i>East West Journal</i> , staff classes, Brookline, Mass. Wellesley College, Wellesley, Mass. Private classes, various locations in the Greater Boston area
1990-1999	Mother-Child Center for Fitness and Wellbeing, Cambridge, Mass. Mystic River Yoga, Medford, Mass. Yoga for Life, Concord, Mass.
2000-Present	Private classes, Chelmsford, Mass. The Waldorf School, Lexington, Mass. Education Development Center, Newton, Mass. Yoga Wellness Center, Chelmsford, Mass. The Arlington Center, Arlington, Mass. Open Meadow Zen, Lexington, Mass.
2010-Present	Founder/Director, Great Brook Yoga, Chelmsford, Mass.