

CHRISTINE BADALAMENTI SMITH

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PROFESSIONAL SUMMARY

Dedicated, heart-centered, professional yoga therapist and rewilding guide working to provide therapeutic services and experiences for as many people as possible; with a mission to help people feel at home and empowered in their bodies and the natural world. Known by colleagues and past employers for her adaptable personality, energy, volunteer spirit, and talent to lead and mentor others.

YOGA THERAPY & REWILDING

YOGA THERAPIST & REWILDING GUIDE/OWNER – OGGI BE, 2021–PRESENT

- Employ deep listening, empathy, compassion, and connection with the philosophies of yoga, psychology, neuroscience, Buddhism, and Ayurveda to help individuals connect to self and develop presence and awareness to understand thoughts and behaviors, work with existing conditions, heal trauma, and create a path to the life they desire.
- Work with individuals one-on-one and couples in private sessions. See clients from teen aged through elderly. Work with diverse people of all abilities and identities.
- Offer different yoga therapy educational and experiential opportunities from workshops to group series.
- Utilize yoga therapy principles and practices creatively to facilitate business and organizational team building and brainstorming workshops.
- Guide participants through experiences curated to help them connect intimately with nature and the more-than-human world for stress reduction, personal healing and transformation, community building, and to help foster reciprocal relationships with other-than-humans that support wellbeing and greater environmental accountability and stewardship.
- Guide participants on private experiences, lead groups, and offer business and organizational teambuilding experiences.
- Offer a unique therapeutic opportunity for yoga therapy clients to integrate nature connection and healing as desired/relevant.

YOGA TEACHER, RYT-500 – OGGI BE (FORMERLY YOGA OGGI), 2018–PRESENT

- Teach multiple styles of yoga.
- Create an inclusive, safe, and welcoming environment.
- Empower students to overcome mental, emotional, and physical obstacles.

- Routinely participate in continuing education, have over 2000 hours of training in asana, pranayama, meditation, mindfulness, philosophy including Samkhya, Vedanta, Buddhism, diversity, equity, and inclusion, and more.

Previously taught for:

Honest Yoga, South Burlington, Vermont

Sangha Studio, Burlington, Vermont

Evolution Prenatal & Family Yoga Center, Essex Junction, Vermont

EDUCATION

BACHELOR OF ARTS, ENGLISH & PHILOSOPHY – UNIVERSITY OF DELAWARE, 2006

MASTER OF SCIENCE, ENVIRONMENTAL STUDIES – ANTIOCH UNIVERSITY NEW ENGLAND, 2014

YOGA THERAPY CERTIFICATION – PHOENIX RISING YOGA THERAPY, 2022

MINDFUL OUTDOOR GUIDE CERTIFICATION – KRIPALU SCHOOL OF MINDFUL OUTDOOR LEADERSHIP, 2020

FOUNDATIONS OF AYURVEDA – KRIPALU SCHOOL OF AYURVEDA, 2022

CURRENT CONTINUING STUDIES

- Vermont Master Naturalist Program
- Kripalu School of Yoga, 1000-Hour Well Rounded Teacher Training

VOLUNTEER EFFORTS

- Membership Committee, Women Business Owners Network (WBON)
- Education & Events Committee, Vermont Businesses for Social Responsibility (VBSR)
- Youth Mental Health Action Team, United Way Mental Health Initiative
- Mental Health First Aid Trainer

ADDITIONAL SKILLS

- Emotional intelligence and self-awareness
- Non-violent communication
- Facilitation, Consensus Building, & Team Building
- Human Resources
- Administrative Skills
- Project Management
- Design Thinking
- Leadership
- Attention to detail and organization
- Writing, editing, and proofreading