

Sylvia Nofsinger

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Sylvia is the owner of Surya Yoga Centre and Lotus Pilates & Thai Yoga Studio. Sylvia began dancing at age 5 at the Wise School of Ballet, Wise, Virginia and danced for 30 years. She started yoga and pilates while living in New York City during the 90's. She has learned under several schools of yoga including: Iyengar yoga with Genny Kapuler in Soho, Dharma Yoga with Dharma Mittra and Integral Yoga. Sylvia lived in Yogaville, Virginia from 2013-2017 where she owned a studio and volunteered as support staff at Satchidananda Ashram.

Sylvia studied physical therapy at VCU Medical College of Virginia. She taught anatomy and physiology at Reynolds Community College in Richmond, Virginia.

Sylvia became a pilates mat instructor in 2003 and completed over 500 hours of pilates apparatus training with Norvell Robinson Jr., Pilates Certification Center, in 2004. Sylvia has completed over 300 hours of training in Thai Yoga Therapy with Sudevi Linda Kramer of the Vedic Conservatory, USA and Suriyan Punyafao of the Sunshine Massage School in Chaing Mai, Thailand. Sylvia is an E-RYT 500, completing over 500 hours of training with Integral Yoga and is an Advanced Integral Yoga Teacher, Hormone Yoga Therapist for Menopause, Andropause and Diabetes, Prenatal Yoga Teacher, Shamanic Reiki Level II Practitioner, Crystal & Sound Healer and full body MELT Instructor.

Sylvia has a B.A. in French and International Studies at Meredith College in Raleigh, NC and did postgraduate studies in art, winning "Best in Show" in the Student Art Exhibition in 1992. Sylvia studied computer design at Parsons School of Design, NY, NY and worked as a web designer and graphic artist in the USA and Europe from 1996-2003. Sylvia has studied and worked abroad in France, Germany, Italy and Thailand. Sylvia speaks French, German, Italian and English and beginner Sanskrit.

Testimonials

Elisabeth Brennan- "I started working with Sylvia about 5 months ago and after first session I knew and felt it was life changing. I have experienced such a decrease in pain, am more flexible, can feel my body is becoming re-centered and stronger. Sylvia has been blessed with a gift. She can look at you, touch you and feel and access what state you are in and what your body needs to heal, grow and improve. She has so much knowledge of the body, its connection, health, the mind. She has powerful energy and healing that you can feel in her hands. She is very spiritual and connecting, patient, positive, encouraging, helpful. You can feel and see that she wants to do all she can do to help you heal and improve in different ways.

Jeanine Jones- "I found Sylvia in November 2013 after trying numerous trainers and exercise to help with pain, balance issues, bad posture and numbness due to multiple sclerosis. Sylvia introduced me to MELT during my first session. I actually cried at the end of the session. These were tears of pure joy. I was experiencing feeling in my previous numb body and the pain was subsiding. I finally had found the one that understood my needs. Her knowledge of anatomy is impeccable. Sylvia can tell from the way I walk into the studio what the session will need for my body to be pain free, flexible and balanced both physically and mentally. Sylvia is an excellent instructor always looking for the best way to help her client. I have also experienced pilates apparatus, Thai Yoga and crystal healing with Sylvia over the past 2 years. I am blessed to have found her."

Maryandra Bhuvaneswari Pipitone-"Thai Yoga is art, it is like dancing on the back"

Diana Dayapriya Durbin- "I was very impressed with the enchanting Lotus Pilates Studio. The classes taught by Sylvia Nofsinger, an obviously competent, dedicated, and devoted instructor, were not only fun but so efficient. She revealed to me intricate detail of each movement and instructed me on how to utilize my breath for the maximum effect. She also gave me exercises I can do at home to advance my progress. Not only does she seem to have mastered this art, she is humble, demonstrating a positive and bubbly personality. I noticed a difference in my body's alignment after the first class! I am so excited with my new body that I am telling all my friends and am planning on taking advantage of her class at every opportunity that I can!"

Margaret Padma Tumelty- "Sylvia's yoga and pilates studio has state of the art equipment. Sylvia is patient and explains how to use the equipment safely and effectively to gain the maximum benefit. She is a kind and caring practitioner who is skilled in Thai Yoga, pilates and is an advanced yoga teacher. Sylvia has a great knowledge of anatomy. She explains which muscles are engaged during exercise. I feel wonderful after each session with her, experiencing increased energy levels and getting stronger in my core. I am a yoga teacher but am new to pilates. Sylvia made me feel comfortable and capable throughout the session. I highly recommend Lotus Pilates & Thai Yoga Studio!"

Work Experience

Owner, Surya Yoga Centre / Lotus Pilates & Thai Yoga Studio, Richmond, Virginia, USA, 2013-2018

Pilates mat & apparatus, yoga, hormone yoga therapy, prenatal, post-natal, Thai yoga massage, reiki, shamanic reiki, crystal therapy, sound bath, MELT

Surya Yoga Centre, Sportlandia, Castellammare di Stabia, Italy, Jan-April 2018
Master Trainer for Yoga Teacher Training Program & Yoga Teacher at Sportlandia

Pilates Marathon, Sportlandia, Castellammare di Stabia, Italy, June 2017
Pilates presenter

Owner, Lotus Pilates & Thai Yoga Studio, Yogaville, Virginia, USA, 2013-2017
Pilates mat & apparatus, yoga, hormone yoga therapy, prenatal, post-natal, Thai yoga massage, reiki, shamanic reiki, crystal therapy, sound bath, MELT

Shensara Yoga Festival, July 2017
Healing Village exhibitor and volunteer, Thai yoga massage, crystal healing, reiki

Integral Yoga Center Richmond, Richmond, Virginia, USA, 2016-17
Hatha yoga

Integral Yoga, Satchidananda Ashram, Yogaville, Virginia, 2012-17
Haha yoga, support staff

Lovelight Yoga Festival, August 2016
Healing Village, Thai Yoga massage, reiki, crystal healing

Reynolds Community College, Richmond, Virginia, USA, 2011-16
Adjunct Faculty, Dept of Math & Science / Nursing & Allied Health
Anatomy & Physiology, yoga, pilates, aerobics

Core Pilates, Richmond, Virginia, USA, 2014-15
Pilates mat & apparatus, Thai yoga massage, MELT

The Country Club of Virginia, Richmond, Virginia, USA, 2003-14
Pilates, yoga, MELT, aerobics, aqua, boot camp, prenatal, post-natal, personal training

Weinstein JCC, Richmond, Virginia, USA, 2007-14
Pilates, yoga, MELT, aerobics, aqua, personal training, children's dance and gymnastics, Special Olympics

Zacharias Ganey Health Institute, Richmond, Virginia, USA, 2010-14
Pilates, yoga, aqua

Women's Health Physical Therapy, Richmond, Virginia, USA, 2009-13
Pilates, prenatal, post-natal

Om MaMa, Richmond, Virginia, USA, 2009-10
Prenatal pilates

Pilates, Dance & More, Richmond, Virginia, USA, 2004-10
Pilates mat & apparatus

Physical Therapy Internships

Women's Health Physical Therapy, Richmond, Virginia, USA, 2009-13
Pelvic floor physical therapy

Advanced Physical Therapy, Midlothian, Virginia, USA, 2009-10
Orthopedic physical therapy

VCU Medical College of Virginia, Stoney Point, Richmond, Virginia, USA, 2009
Pelvic floor physical therapy

Bon Secours, St. Mary's Hospital, Richmond, Virginia, USA, 2008
Cardiovascular Intensive Care Unit, lymphedema, neurology, joint replacement

Student Volunteer in Physical Therapy

Tuckahoe Physical Therapy, Manakin-Sabot, Virginia, USA, 2005-2007
Orthopedic physical therapy

Sheltering Arms - Spine and Sport Center, Richmond, Virginia, USA, 2005
Manual physical therapy

Graphic Artist / Web Designer / Technology Consultant

International Investment, Monaco, 2002
Corus Communications, Brescia, Italia, 2001-2002
Salomon Smith Barney, New York, New York, USA, 1997-1998
TeKnowledge Industries, Brooklyn, New York, USA, 1996

Television Production

WTVR News Channel 6, Richmond, Virginia, USA, 1999-2000

Language Teacher

English Scuola di Lingue, Brescia, Italia, 2000-02
English

Chesterfield County Public Schools, Chesterfield, Virginia, 1999, 2003
French, German, Special Education

Translator in English, French, German and Italian

Monaco Accueil, Yacht Show, Monaco, 2002
J. Epstein & Company, Private Investment, New York, New York, USA, 1993-95

Education

Robert Murphy, Aquarian, Richmond, Virginia, USA, 2017
Shamanic reiki, level I & II

Vedic Conservatory, Linda Sudevi Kramer, Pensacola, Florida, USA, 2013-17
Thai yoga massage, reiki level I

Sunshine Massage School, Suriyan Punyafoo, Chiang Mai, Thailand, 2015
Thai yoga massage

Hormone Yoga Therapy, Dinah Rodrigues, Yogaville, Virginia, 2014
Hormone yoga therapy for andropause and diabetes

Hormone Yoga Therapy, Now Yoga, Chicago, Illinois, USA, 2013
Hormone yoga therapy for menopause

Integral Yoga, Satchidananda Ashram, Yogaville, Virginia, USA, 2011-17
Beginner, Intermediate and Advanced Hatha Yoga Teacher Training, Thai yoga
massage, meditation & pranayama

MELT, Sue Hitzmann, Weinstein JCC, Richmond, Virginia, USA, 2010
MELT full body and hand foot instructor, roller & balls

Integral Yoga Center Richmond, Nora Pozzi, Richmond, Virginia, USA, 2008-11
Hatha yoga

VCU, Medical College of Virginia, Richmond, Virginia, USA, 2006-09
Physical Therapy

Virginia Commonwealth University, Richmond, Virginia, USA, 2005-06
Pre-physical therapy

Pilates, Dance & More, Richmond, Virginia, USA, 2004-2010
Ballet, jazz, modern dance, hip hop

Pilates Certification Center, Norvell Robinson, Jr., Richmond, Virginia, USA, 2004
Pilates apparatus & mat

Kriya Yoga, Brescia, Italia, 2001
Yoga

Genny Kapuler, Soho Studio, New York, New York, USA, 1997-99
Iyengar yoga

Eastern Athletic Club, Brooklyn, New York, USA, 1996-99
Yoga, pilates, ballet

Y.M.C.A. Greenwich Village, New York, New York, USA, 1993-96
Yoga

Parsons School of Design, New York, New York, USA, 1996
Web design, graphic art

Meredith College, Raleigh, North Carolina, USA, 1987-92
Art, 1992
B.A. French, B.A., International Studies/Political Science, 1991

Goethe Institute, Rothenburg, Germany, 1990
German language immersion

University of Virginia, Charlottesville, Virginia, USA, 1989
German language immersion

L'Université Catholique de l'Ouest, Angers, France, 1988
Semester abroad: French language culture and art

Richmond School of Ballet, Richmond, Virginia, USA, 1986
Ballet

Huguenot Academy of Dance, Richmond, Virginia, USA, 1984-85
Ballet, jazz

Wise School of Ballet, Wise, Virginia, USA, 1974-82
Ballet

Language Skills

English- mother tongue, French, German, Italian, Sanskrit