

CAROLINE MORRISON B. S., M. S.

RELATED EXPERIENCE

6/09 - Present – **SOUL ARTS WELLNESS STUDIO, Portland, ME**

Owner

- Conduct educational workshops/classes through community education, day long and weekend retreats with a focus on the mind, what it is and where it resides, Share the message that we create life through limiting belief patterns and we can shift and reshape life to what we desire
- Provide Ayurvedic Consultations with an emphasis on diet, digestion, lifestyle and the mind
- Conduct energy balancing sessions, communicating with the mind, cells and DNA through sound and color vibrational tools that dissolve patterns in the auric field while writing in new data
- Incorporate discussion to discover and unearth the conflict or belief as well as guided imagery with all sessions
- Conduct educational workshops/classes on Ayurvedic principals
- Conduct personal and group Ayurvedic cleansing and detoxification
- Guest speaker: Energy & Color, Sedona Blog Talk Radio (November 2015)
- Guest speaker: Out of the Box Series, Shifting Consciousness Through Sound and color, Southern Maine Community College (April, 2015)
- Taught nutrition at New Hampshire Institute of Therapeutic Arts (2013)

MEMBERSHIPS

- **The Ayurvedic Institute**

- **Professional Member of NAMA (National Ayurvedic Medical Association)**

Level: Ayurvedic Practitioner

RELATED EDUCATION

09/07 - 06/09 - **KRIPALU SCHOOL OF AYURVEDA, Stockbridge, MA**

Ayurvedic Consultant – 750 hours in Ayurvedic studies

Professional Coursework (400 hours)

2012 Color & Geometry – Lumalight by Spectrahue

2010 Sound & Color – Tama-Do Academy of Sound and Color (Level I & II)

2009 Marma Chikitsa (energy pathways) – Ayurvedic Institute

2009 Clinical Practicum – Ayurvedic Institute

2008 Pancha Karma (detoxification and rejuvenation)– Kripalu

2008 Bodywork Level 2 (vishesh and shirodhara) – Kripalu

2008 Ayurvedic Psychology (Healing Emotional Trauma) – Kripalu

2005 Alkaline Raw Food Approach to Nutrition – Dr. Robert O. Young

I received my Ayurvedic Medicine training from some of the most respected teachers and gurus in the field. These teachers included:

- Dr. Vasant Lad (Ayurvedic Institute)
- Dr. Jay Apte (Ayurvedic Institute of America)
- Dr. Claudia Welch
- Dr. John Douillard (Life Spa)

- Dr. Sunil Joshi (Ayurveda Research Center)
- Dr. David Frawley (Institute for Vedic Studies)
- Dr. Rosy Mann (Kripalu School of Ayurveda)
- Vyaas Houston (American Sanskrit Institute)

UNIVERSITY OF NEW HAVEN, West Haven, CT, M.S., Human Nutrition

UNIVERSITY OF MAINE, Orono, ME, B.S., Health and Family Life Education

VOLUNTEER EXPERIENCE

- Extensive volunteering over several years with the following organizations: Center for Grieving Children, United Way, Junior Achievement and Big Brothers Big Sisters.

PAST EXPERIENCE

12/96 - 12/08 - TD Bank, Portland, ME

Senior Vice President/Commercial Appraisal Manager

- Established independent appraisal function within Bank.
 - Reviewed appraisals and provided in-house consulting services on commercial properties.
 - Managed and directed activities of 13-person staff including 8 professional appraisers and 3 environmental engineers.
 - Implemented policies, guidelines and procedures in response to corporate and regulatory requirements.
- Completed numerous business, credit, real estate and commercial valuation courses throughout business career.