

ELISA PISCITELLI

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Based out of Goshen, NY

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SUMMARY

Highly experienced and advanced certified yoga instructor with extensive training in specialized areas, including yoga for cancer patients, yoga therapeutics, and in-depth anatomy. Proven track record of managing a yoga studio, leading retreats, and contracting with a medical college to integrate yoga and meditation into a healthcare curriculum for medical students and staff. Skilled in adapting yoga practices for diverse populations, including those with mobility issues and cancer patients.

EXPERIENCE

TOURO COLLEGE OF OSTEOPATHIC MEDICINE (2016–2023)

Contracted Instructor

- Taught one or more weekly classes to medical students, physicians, and staff.
- Educated medical students on incorporating Yoga and Meditation into Healthcare.
- Provided students with yoga and meditation practices to decompress from a competitive and accelerated schedule.

OWNER/LEAD INSTRUCTOR | WILD SOUL YOGA STUDIO, INC. (2014–2020)

- Taught 6–10 diverse studio classes per week.
- Managed staff and maintained facilities.
- Directed Social Media Advertising, Marketing, and Promotions.
- Handled scheduling, workshops, community engagement, and off-site events (e.g., Yoga at Angry Orchard).
- Booked, Organized, and Led 3 off-site retreats in PA, MA, and Wyndham, NY (2013, 2016, 2018).

PRIVATE YOGA INSTRUCTION

- Worked with private clients one-on-one or in small groups to meet specific needs and abilities.
- Trained athletes to supplement or assist with training both during and off-season.
- Regular instructor on Happy Buddha Yoga Studio schedule 2021-present

-----TRAINING & EDUCATION

YOGA FOR THE CANCER PATIENT (16+ HOURS)

Memorial Sloan Kettering Cancer Center (12/2025–1/2026)

- Advanced training for established instructors.
- Appreciated the difference between yoga designed for cancer patients and the general population.
- Developed appropriate, safe, and effective plans of care for people with cancer in inpatient and outpatient settings.
- Learned to adapt yoga techniques to accommodate medical equipment and patients' concerns or sequelae during and after cancer treatment.
- Practiced yoga within the hospital setting.

YOGA THERAPEUTICS, RESTORATIVES & ANATOMY (40+ HOURS)

w/ Rodney Yee at Yoga Shanti Tribeca NYC (8/2018)

- Advanced training focused on modifying and making yoga practice accessible to anyone with mobility issues.
- Applied yoga, breath-work, and meditation as a form of therapeutic approach to wellness.

YOGA ANATOMY PRINCIPLES (3 TRIMESTERS, 500+ HOURS)

w/ Leslie Kaminoff & Amy Matthews Breathing Project NYC (2015–2016)

- Intensive anatomy and physiology training, including lung/respiratory functions.
- Studied the range of motion of the spine, joints, and muscle-to-bone relationships.
- Applied body knowledge and breath manipulation to ease emotional and physical stress.

OTHER TRAININGS

- Ayurveda and Nutrition (2013, 2014, 2016)
- Level I Reiki (2015)
- 200hr. Yoga Certification (2012)
- Meditation postures and methods/Retreat Leading (2010)

Proof of Insurance, Vaccination Records and Referrals available upon request.