

Ann Marie Ala

Doctor of Chiropractic

Curriculum Vitae

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EDUCATION:

❖ Life Chiropractic College West

Hayward, California. 10/2005-9/2008,

Degree earned: Doctor of Chiropractic, Cum Laude

❖ University of Wisconsin-Madison

Madison, Wisconsin. 9/1995-6/1999

Degrees earned: Bachelor of Arts in Zoology and Conservation Biology

Certificate of Environmental Studies

EXPERIENCE:

❖ **Chiropractic Intern:** 3/2007-9/2008

Life Chiropractic College West Health Center, Hayward California

- Technique primarily utilized: NUCCA (National Upper Cervical Chiropractic Association)
- Adjunct techniques: Bio-Geometric Integration (BGI), Bio-Energetic Synchronization Technique (BEST), Extremity adjusting.
- Seminars and trainings: NUCCA, BGI, Network Spinal Analysis, Neuro-Emotional Technique, Atlas orthogonal, Sacro-Occipital Technique (SOT), Active Release Techniques (ART).
- Chiropractic Mission Trip to Accra, Ghana June 2008, over 400 chiropractic adjustments delivered.

- Activities Coordinator: Life Chiropractic College West. Planning and implementing events for the student body to enjoy.

Yoga Instructor:

- 6/2009-present: instructor, Ilovehotyoga, Greenlake, Seattle WA.
- 10/2005-8/2008: Life West Chiropractic College, Hayward California. Teacher and president of yoga club.
- 1/2006-9/2008 Berkeley Ironworks Climbing Gym, Berkeley California. Ashtanga yoga primary series, Vinyasa flow, Pranayama techniques.
- Yoga teacher certification received in Sivananda yoga, Neyyar Dam, India.
- Intensive studies in yoga: Ashtanga, Iyengar and Sivananda styles, Rishikesh, India.

Biologist: 8/1999-9/2005

Specific work included habitat restoration, aquatic ecosystems (salmon, invertebrates, habitat), mist-netting and identification of birds, rare plant surveys, native plant ecology, plant propagation, soil chemistry, entomology, mapping & habitat delineation, fire effects, etc.

Past positions in Hawaii Volcanoes National Park, Sequoia National Park, Joshua Tree National Park, Golden Gate National Recreation Area, National forests of the Pacific Northwest and California, coastal Oregon.