

ASHLY FOX

ALCOHOL AND DRUG COUNSELOR THERAPEUTIC YOGA INSTRUCTOR

Ashly Fox is a new thought leader in the field of mental health and addiction treatment. She is creating change in the field with her uniquely designed evidenced based system, incorporating the practices and tools of western psychology, Yoga, and Somatic awareness to support clients on their individual and collective journeys of health and healing.

Ashly's training both on and off the Yoga mat focus not only on the physical benefits of yoga, but are also deeply rooted in the mental health benefits.

Ashly is a Yoga Alliance certified, 500 Hour, Experienced Registered Yoga Teacher (YA-500 ERYT) who specializes in therapeutic yoga and customizing practices to meet individual client's needs and presenting pathology. Ashly is trained in and draws from a variety of tools and practices across multiple styles and lineages of Yoga including Vinyasa, Hatha, Restorative, Yin, Pranayama (Breathwork), Visualization, and Meditation.

PASSIONATE and COMMITTED

As a lifelong student, I am committed to continual development and seek to expand my knowledge and offerings through continued trainings and coursework.

PROFESSIONAL SKILLS & AFFILIATIONS

CA CONSORTIUM of ADDICTION PROGRAMS and PROFESSIONALS RADT-1

Registered Alcohol and Drug Trainee Level 1
August 2018

INTERNATIONAL ASSOCIATION of YOGA THERAPISTS

Member
Jan 2019

YOGA ALLIANCE

ERYT-500
500 Hour - Experienced Registered Yoga Teacher
August 2019

USUI REIKI

Level 1 Reiki Practitioner
October 2017

KIPU SYSTEMS

Clinical Software
Proficiency Level: Intermediate

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EDUCATION

LOYOLA MARYMOUNT UNIVERSITY

IAYT - Certified Yoga Therapy RX

August 2019 / Certification 500-hour RYT August 2021 / C - IAYT Certification

SADDLEBACK COLLEGE

Associate of Science in Alcohol and Drug Studies

Mission Viejo, CA May 2019

SOMATIC EXPERIENCING INSTITUTE

Somatic Experiencing Practitioner, Beginning Level 1 Certification

Dana Point, CA 2019

Y12SR - YOGA FOR 12-STEP RECOVERY, NIKKI MEYERS

Yoga for 12Step Recovery Certification

Carlsbad, CA March 2016

LOVE, LIGHT, YOGA

25-Hour Advanced Lotus Yin Training

San Francisco, CA November 2016

EMPOWERED YOGA TEACHER TRAINING

200-Hour Trauma-Informed Teacher Training

San Clemente, CA January 2015

PEPPERDINE UNIVERSITY

Bachelors of Science, Management

Malibu, CA April 2013

EXPERIENCE

THERAPEUTIC YOGA CLASS GROUP LEADER

Conducts weekly addiction-focused, trauma-informed, and therapeutic group yoga and meditation classes while educating clients on the benefits of yoga and meditation as relapse prevention tools. Educates clients on ways to manage their nervous system, digestive system, and thought patterns to cultivate self-compassion and connection to self. Creates clinical notations and charts the individual progress of each client.

INDEPENDENT GROUP FACILITATOR

Creates evidenced-based curriculum inspired and informed by both Eastern and Western philosophy. Leads weekly psychoeducational groups on Spirituality, Codependency, Adult Children of Alcoholics, and Trauma and Process. Creates clinical notations and charts the individual progress for each client in group.

PUBLIC YOGA CLASSES

Leads weekly small group Yin Yoga classes focused on healing the connective tissue and regulating the nervous system. Clients are educated on the physical benefits of yoga as well as the benefits associated with stress reduction and mindfulness practices.

Y12SR YOGA CLASSES

Facilitates weekly donation-based community focused groups merging the cognitive approaches offered through the 12 steps and the somatic benefits of yoga.

CLINICAL INTERNSHIP

Led weekly psychoeducational groups, including Mind-Body, Spirituality, Process, Adult Children of Alcoholics, Codependency, and Trauma. Conducted and noted various assessments including Pre-assessments, Biopsychosocial assessments, Suicide assessments, etc. Worked individually with clients as a third clinician creating treatment plans and providing weekly status updates for insurance. Supported a multidisciplinary treatment team to incorporate evidenced-based therapeutic yoga interventions when appropriate. Aided in the somatic healing of individual clients in one on one session.

REFERENCES

AVAILABLE UPON REQUEST

