

# **Felicia Tomasko**

**Extension Instructor at Loyola Marymount  
University**

Los Angeles, CA, US

Center for Religion and Spirituality

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## **Description**

Felicia Tomasko RN, E-RYT 500 draws from more than 25 years of practice of study of Yoga Philosophy, Meditation, Yoga Therapy, and Ayurveda. Her background includes ashram living, apprenticeships and study with multiple teachers, and immersion in a number of Yoga and Ayurveda lineages. Her practice includes more than 20 years teaching Yoga and Ayurveda in studios, drug and alcohol recovery, hospitals, retreats, teacher trainings, and conferences as well as a private practice in the healing tradition of Ayurveda. Felicia has also taught on Yogaglo.com since 2009.

She is the editor in chief of LA YOGA Ayurveda and Health Magazine. In service to Ayurveda, she is a past president of the California Association of Ayurvedic Medicine and is a past board member of the Academic Collaborative for Integrative Health and the National Ayurvedic Medical Association.

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## **Education**

**University of Colorado, Boulder**

B.A.

**Santa Barbara City College**

A.S.

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