



Red Mountain Institute of Yoga Psychology

Deborah Redmond, MA, LMFT, Yoga Psychology Specialist, founded Red Mountain Institute of Yoga Psychology in 2007 to articulate and emphasize the psychological focus of her work with Yoga. This work has been continually refined throughout her time in Los Angeles, San Francisco, Philadelphia PA, Bellingham WA, and Oceanside CA. Currently in Oceanside, Deborah spends most of her time working with Yoga Psychology in the following ways:

- ☆ Yoga Psychology for Individuals and Couples including Yoga Psychology Play Dates
- ☆ Yoga Psychology Training for Mental Health Professionals including BlissBounding®
- ☆ Yoga Church for One and All (Oceanside CA)
- ☆ Yoga Psychology Videos (www.over40fitness.tv) [c. 50 videos and some are Yoga Psychology]
- ☆ Yoga Psychology Books (www.over40fitness.tv) [completed one book *Insight Out - A GrowBook™ for Transformation - Attenuating Afflictions - Understanding The Kleshas*; working on second book *Tool Of The Senses*].

Contemplative by nature and spiritually encouraged by her grandfather, Deborah spent many hours of her youth studying philosophy, psychology, and religion.

In 1985, her father introduced her to an Indian Yoga teacher. After 8 years with her first teacher, Deborah studied and practiced with many teachers and developed her own teaching style and innovative, anatomically informed choreography.

In 2001 she became a student of Baba Hari Dass, ever refining her practice and teaching of Yoga Psychology, Yoga Philosophy, and Applied Yogic Sciences.

Using heart, intuition, and a keen ability to integrate and simplify healing arts, Deborah helps people experience lasting personal transformations. As a wellness professional, her foundational model is Yoga Psychology. This provides a holistic framework for understanding the nature of the human condition, including effective ways to alleviate suffering, overcome challenges, and improve relationships.

A daily “by heart” chanter of the Yoga Sutras, Deborah is committed to lifelong study and using these profound tools with grace and integrity.

- Licensed Marriage Family Therapist: interned 1988-1993; CA licensed 1993 #30421; PA licensed # 000289 (PA status Inactive in this current status of living and working in CA)
- In 2012 Approved BBS Continuing Education Provider: MFT, LCSW, LEP, LPCC - PCE 5142
- Masters Degree in Marriage & Family Therapy in 1989.
- Cofounder of Red Mountain Wellness (Including Red Mountain Institute of Yoga Psychology, BlissBounding®, SlimBounding®, and DRT Dynamic Resilience Training®).

- Practicing and studying Yoga since 1985. Practicing Yoga Therapist since 1996.
- Teaching Yoga since 1993 and training Yoga teachers since 1999.
- Certified in 1993 in the lineage of Swami Sivananda of Rishikesh.
- Other influences: J. Krishnamurti, Swami Venkatesananda, Mata Amritanandamayi and Bihar Yoga.
- Choreographing movement sequences since 1993.
- Completed Kundalini Yoga Teacher Training in 1994.
- Introduced to Pilates in 1994. Completed first training in New York in 1997. Completed second training in PA in 2001 and certified in PA in 2001.
- Studied Viniyoga Teacher Training 1999 - 2001.
- Certified Franklin Method Level I Educator: 2007.
- Certified Franklin Method Level II Educator: 2009.

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