



They/She/Doctor

CURRICULUM VITAE

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Senior Lecturer II—Tenured Faculty**

SOMA MEDICINE
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EDUCATION

Doctorate of Osteopathy, National University of Medical Sciences, Madrid, Spain	
Currently full time student in doctorate of osteopathy.	
Thesis: Trauma Informed Osteopathic Approach: The Art of Listening	12/2023
Board Certified Structural Integrator, BCSI	7/2021
Certified Lead Instructor of Structural Integration, IASI and UNM-Taos	5/2021
Certified Structural Yoga Therapist, International Association of Yoga Therapy	8/2016
Experienced Yoga Teacher E-IAYT, Yoga Alliance	2010
Doctor of Integrative Medicine, International Quantum University, Honolulu, HI	6/2014
• Thesis in “Outcomes of Fascial Health in Fibromyalgia” emphasis in Structural Integration.	
Masters of Integrative Medicine, International Quantum University, Honolulu HI	2014
Massage Therapy Certification, AHP, Fort Collins, Colorado	2002
Masters in Whole Systems Design, Antioch University, Seattle	1997
• Thesis in “Integrative Living Through the Arts and Spiritual Practice” with emphasis in Second Order Cybernetics in Biological Systems.	
Bachelor of Arts, The Evergreen State College	1990
• Major in “Management in the Public Interest”.	
• Minor in “Marketing Management in Computers”.	

CONTINUING EDUCATION

See following table with summary of hours totaling 17,011.5 continuing education hours as of October 2023. Recertification of First Aid/CPR/AED with Red Cross Training Services for 4 CE Hours on 8/26/22 with Taos Fire (not included in CE totals).

Continuing Education Courses	CE	Date
Gil Hedley Nerve Tour, Santa Fe	5	10/4/23
SourcePoint Module III with Bob Shrei, Rolfer Santa Fe	24	10/27-29/23
SourcePoint Module II with Bob Shrei, Rolfer Santa Fe	24	9/22-24/23
National University of Medical Sciences-Spain Doctorate of Osteopathy	560	8/1/23-12/1/23
SourcePoint Module I with Bob Shrei, Rolfer Santa Fe	24	7/27-29/23
Spinal Alignment with Mary Bond, Rolfer Seattle	22.5	7/15-17/23
National University of Medical Sciences-Spain Doctorate of Osteopathy	560	2/1/23-6/6/23
NeuroSomatic Integration Process: Resilience Day with Mela Berger and IHCA Faculty in San Diego.	8	4/8/23
Ribs, Thorax and Embryological Midline with Ron Murray, DO NCBTMB 32 IASI 4 credits (Teacher Assistant)	32	2/16-19/23
Spatial Somatics: Embodying the Zen of Hara, with Hiroyoshi Tahata and Carol Agneesens, IASI CE.	36	10/20-26/22
Knee and Ankle with Ron Murray, DO NCBTMB #214	32	9/16-19/22
The Spine Part 2: Lumbars, Pelvis and Legs - An Integrative Systems Approach: Neural, Visceral and Articular Fascial Interfaces, Ron Murray, DO and Jonathan Martine, Rolfer	32	7/7-10/22

Birth Mask Reveal with Karlton Terry	16	May-July, 2022
Pelvis with Ron Murray, DO NCBTMB #214	32	February 25-28, 2022
The Spine: An integrative systems approach—neural, visceral and articular fascial interfaces. Ron Murray, DO and Jonathan Martine, Rolfer	32	June 18-21, 2021
Teacher Assistant for Structural Integration Principles IV UNM-Taos with David Davis, Rolfer	45	May 24-28, 2021
Teacher Assistant for Structural Integration and Practice Session VIII with David Davis	45	May17-21, 2021
Teacher Assistant for Structural Integration and Practice Session VIII with Peter Ehlers, KMI.	32	April 23-26, 2021
Teacher Assistant for Structural Integration and Practice Session VII with Jill Gerber, Rolfer.	32	April 2-5, 2021
IASI Symposium 2021	17	March 26-27,2021
Teacher Assistant for Structural Integration Principles III UNM-Taos with David Davis, Rolfer	45	March 15-19, 2021
Teacher Assistant for Structural Integration and Practice Session VI with Peter Ehlers, KMI.	32	March 5-8, 2021
Teacher Assistant for Structural Integration and Practice Session V with Peter Ehlers, KMI.	32	February 5-8, 2021
Teacher Assistant for Structural Integration and Practice Session IV with Peter Ehlers, KMI.	32	January 8-11, 2021
Neurovascular Release with Kieran(Kirstin) Schumaker, ATSI formerly KMI	18	December 2020
Teacher Assistant for Structural Integration Principles III UNM-Taos with David Davis, Rolfer	45	12/14-18/20
Teacher Assistant for Structural Integration and Practice Session III with Jill Gerber, Rolfer.	32	11/6-9/20
Teacher Assistant for Structural Integration and Practice Session II and 4 hours of Ethics with Jill Gerber, Rolfer.	32	10/2-5/20
Teacher Assistant for Structural Integration and Practice Session I and 4 hours of Ethics with Jill Gerber, Rolfer.	32	9/10-14/20
Teacher Assistant for Structural Integration Principles I & II UNM-Taos with David Davis, Rolfer	90	8/3-14/20

Basic Psoas with Liz Koch NCBTMB	12	1/25-26/20
Cranial II with Ron Murray, DO Rolfer, IASI	32	11/14-17/19
Cranial and CNS Dissection, Taught Course at Institute of Anatomical Studies	24	11/3-5/19
Instructor Ethics: How to address changing world view of touch, creating a safe environment for students with Kelly Madrone, LMT, UNM-Taos	2	8/14/19
Anterior Neck and Cranial Base, Ron Murray, DO IASI and NCBTMB	32	7/18-21/19
Understanding Ourselves as Embryo—Where Biology meets Biography with Dr. Jaap van der Waal MD Colorado School of Energy Studies Boulder CO	26	7/11-14/19
Shoulders and Self-Expression with Mary Bond IASI & NCBTMB	18	6/29-7/1/19
Transformative Healing: The New Paradigm of Psychedelic Research CME 3.0	3	3/23/19
Cranial and CNS Dissection, Taught Course at Institute of Anatomical Studies	24	3/2-4/19
NM1:Neural Manipulation: Neuromeningeal Manipulation; An Integrative Approach to Trauma The Barral Institute18 CEs IAHE NCBTMB	18	12/14-16/18
Cranial I: Teacher Assistant Training with William Lee “Ganesh” Veal, DC	16	9/14-15/18
Adult Learners in Higher Education Faculty Development UNM-Taos(8)	8	8/18/18
Cranial Base Part Two and Embryology of the Neural Tube with Ron Murray, DO NCBTMB	32	6/22/18
Pelvis and Thorax Dissection, Taught Course at Institute of Anatomical Studies	24	6/16-18/18
The Embryonic Field: Touching the Origins of Form with Carol Agneessens NCBTMB	32	5/11-14/18
What’s the Fuzz Live Lecture with Gil Hedley, PhD NCBTMB	4	11/25/17
Treating Trauma Master Series 2017 CME NICABM	10	11/20/17
Neural Part II with Rolf Institute, Jonathan Martine NCBTMB	32	9/14-17/17
Adult Learners in Higher Education for Touch Therapy UNM-Taos(8) and Massage Ethics (4)	12	8/14-19/17
Breathing and Walking with Mary Bond	21	8/4-6/17
Dissection Training with Gil Hedley, PhD NCBTMB	42	6/26-7/1/17
Cranial II: Teacher Assistant Training with William Lee “Ganesh” Veal, DC	16	5/6-7/17
A Bioenergetic Psychotherapy Workshop with Nancy Hazen	12	1/28-29/17

Cranial I: Teacher Assistant Training with William Lee "Ganesh" Veal, DC	16	8/27-28/16
Cranial Base/Anterior Neck, Ron Murray, DO NCBTMB #214	32	7/21-24/16
Neural Mobilization: Peripheral Nerves of the Shoulder and Pelvic Girdle, Rolf Institute, Jonathan Martine NCBTMB	32	6/2-5/16
Cranial II: Muscle Energy Techniques Teacher Assistant Training with William Lee "Ganesh" Veal, DC	16	4/23-24/16
From Inside-Out: Practices for the Core with Tias Little, RYT and Prajna Yoga	4	3/5/16
Diaphragm's Ribcage Midline with Ron Murray, DO NCBTMB #214	32	1/28-31/2016
Scoliosis II with Sonya Luz	4	11/4/15
A Bioenergetic Psychotherapy Workshop with Nancy Hazen	12	10/10/15
Fascial Congress, Washington DC various instructors 20 NCBTMB and 18 IASI	20	9/18-21/15
Professional Ethics for Massage Teachers	4	8/14/15
Yoga and Scoliosis Tools for Teaching and Practicing with Sonya Luz	4	7/1/15
Advanced Sequencing with Sean Tebor	4	4/1/15
How to Modify Asana with Rob Stewart	4	3/4/15
Inner Oral Advanced Cranial Sacral with William Veal DC	4	2/ 22/15
Unfolding Evolution, Kinesis with Tom Myers	4	Jan. 2015
Mind Body Stress Reduction with Alana Grier	4	1/7/15
UNM School of Medicine, SIMPLE Conference 19.5 CME	19.5	10/13-15/14
10,000 Hour Yoga Teacher Mastery Program, Santosha Yoga a New Mexico Non-Profit	10,000	August 2014
Professional Ethics for Teachers	4	August 2014
IQUIM CEUS and Training: Quantum Doctor, Quantum Biology, Quantum Healer, Auriculotherapy, Hynotherapy, Neuro-Linguistic Programming, Aromatherapy, Homeopathy, Biofeedback Practitioner, Quantum Physics: A new context for medicine, New Quantum Biology for Medicine, Quantum Homeopathy and Homotoxicology, Quantum Taoist Medicine and Acupuncture, Integrative Holistic Healthcare, Quantum Hematology, Quantum Hormonology, The Five Pillars of Health, Quantum Healing and Consciousness, Practicum Cases, Historical Survey, Orthomolecular Nutrition, Diet and Nutrition, Herbology, Nutrition and Nutrition in Action.	1,200	2012-2013
Myofascial Release: Head Neck and Thorax Kinesis Inc.	14	June 2014
Fascia in Movement, Tom Myers Kinesis Inc.	5	January 2014
Fascial Fitness, Tom Myers, Kinesis Inc.	2	2014
Professional Ethics	4	August 2014
Dissection Lab with Tom Myers, Kinesis Inc.	40	January 2013
Intrinsic Pelvis Muscles, Kinesis Inc.	16	July 2012
The Yoga Sutras, Nicolai Bachman	10	July 2012
Continued Advanced Cranial Education	30	2012
Midwifery Apprenticeship	120	December 2011/January 2012
Midwifery	16	August 2011
Anatomy Trains I, Kinesis Inc.	20	April 2011
Advanced Cranial Sacral	65	2010-2011

The Rivers of Life with Sean Tebor RYT	20	2010
Svastha Yoga Training with Monique Parker RYT	20	2010
Tantra Yoga Training with Whitney Wheelock RYT	20	2009
Meditation Training with Swami Ken	8	2009
Advanced Training in Cranial Sacral	8	Aug/Oct 2009
Cranial Sacral II	16	November 2009
Cranial Sacral I	16	April 2009
Myofascial & Myoskeletal	16	July 2008
Acupressure	16	July 2008
Acupressure	16	May 2006
Reiki Masters 4	40	November 2007
Reiki—First and Second Degree Reiki	40	May 2006
Myoskeletal and Advanced Massage Therapy	20	July 2007
Corepower Yoga Teacher Certification	90	August 2007
Traditional Thai Massage	16	November 2007
Anatomy Trains	40	2006
Medical Billing	16	2005
Bastyr College Herbal Training	80	2004
Hatha & Raja Yoga Apprenticeship in Bali, Indonesia with I Gusti Puspawati	1000	1996-1997
Balinese Traditional Massage Apprenticeship with Robby and Jero Tapakan	500	1996-1997
Total CEUs Breakdown Total in areas of concentration: 2,015 hours yoga teacher trainings 5,039.5 hours in massage, medical, movement therapy 10,000 master yoga teacher	17,011.5	As of July 2023

TEACHING EXPERIENCE

Senior Lecturer II—Tenured Faculty, University of New Mexico-Taos

2006 to present

“Introduction to Massage Therapy”

“Introduction to Traditional Balinese Massage”

“Massage Therapy I”

“Massage Therapy II”

“Massage Therapy III”

“Cultural Diversity, Competency and Cross-Cultural Ethical Issues”

“Traditional Healing and Touch”

“First Aid, CPR & Professional Ethics”

“Clinical Practicum”

“Myofascial Yoga”

“Yoga and the Myofascial Body”

“Yoga and Anatomy Trains”

“Yoga and the Psychology of the Chakras”

“Advanced Hands-On Techniques in Oriental Medicine”

“Yoga Anatomy & Physiology”

“Prenatal Massage & Yoga”

“Massage Ethics”

“Medical Billing”

“Advanced Myofascial Release: Pelvis”

“Advanced Myofascial Release: Opening the Breath, Rib Cage and Thorax”

“Advanced Body Reading and Assessment”

“Fascial Health”

“Cranial I: Introduction to Cranial”
“Cranial II: Muscle Energy Techniques”
“Advanced Myofascial Release: Walking and Gait Patterning”
“Introduction to Neural Therapy”
“Cranial Core Concepts and Lab”
“Structural Integration Principles I”
“Structural Integration Principles II”
“Structural Integration and Practice I”
“Structural Integration and Practice II”
“Structural Integration and Practice III”
“Structural Integration Principles III and IV”
“Embryology”
“Structural Integration and Practice IV, V and VI”
“Structural Integration and Practice VII, VIII, VIII and X”
“Structural Integration Principles IV and V”
“Rewylding the Feminine”

15,000 hours plus in instruction in Yoga

Continuing Education Instructor, The Monkey Institute 2010 to present
Develop and instruct continuing education courses for yoga teachers and massage therapists. Completed second year of Deconstructing Asana Series of courses that focus on how to modify asana for clients with pathologies and history of injury. Lead dissection labs for studies in anatomy and physiology. Created Rewylding the Feminine: Interviews with Women in the Healing Arts, available on YouTube.

Assist with development of standards of education for SI and developing competencies in the field for developing test questions for national exam for licensure in the field of SI.

Continuing Education Instructor, UNM-Cloud -Taos 2014 to 2017
Developed Continuing Education Webinar Series for UNM Cloud: Fascial Health, Deconstructing Asana, Medical Massage Billing and Massage Ethics. Included editing film and building on-line courses.

Director of Yoga Therapy Program, UNM-Taos 2010 to 2018
Created and designed a yoga therapy teacher training approved by Yoga Alliance in 2010. I have trained over 44 yoga teachers in yoga therapy as the lead instructor. This course is unique in that it is an approved program in higher education and had to go through an additional process to be approved by the state of New Mexico. This program was ranked number one by College Magazine in 2015.

Structural Yoga Therapist, TaoSatva -Taos 2007 to 2019
Independently teach structural yoga therapy to individuals and groups.

Yoga Instructor, Santosha -Taos 2007 to 2016
Yoga Therapy and Myofascial Yoga twice a week for 90 minutes. More courses taught through UNM. Designed and implemented a 300 Advanced Yoga Therapy Teacher Training Program in 2015, graduated the first group of apprentices in December of 2015. Designed a new course entitled Deconstructing Asana. 5000 plus hours of instruction.

Instructor, Myofascial Yoga and Anatomy Trains Workshop 2010 to present
Teach a weekend workshop introducing applications of asana with Anatomy Trains. This workshop focuses on the fascial anatomy illustrating the continuity of the musculoskeletal system and how to work with it in movement application.

Instructor, Balinese Massage Workshop—NCBTMB. 2005 to 2017
Trained Licensed Massage Therapists in Traditional Balinese Massage through an in depth curriculum for 16 CEUs.

Teaching Assistant, Antioch University Seattle 1996-1997
Assistant teacher Rodney Donaldson, Ph.D. in Whole Systems Design Master of Arts Program. Courses included "Art as a Manner of Living" and "Conflict, Disjunction, and Harmony".

RELATED EXPERIENCE

Board Member, Education Committee, International Association of Structural Integration March 2023

Board Member, Certification Board of Structural Integration Committee August 2021 to 2022

Program Coordinator for Structural Integration, UNM-Taos August 2021 to present
Responsible for coordinating licensure, faculty, schedule and recruitment of professional students for the first structural integration program recognized by IASI at a university in the globe.

Owner, Soma Medicine January 2021
I renamed my business where I am focused on trauma informed care through manual osteopathy and structural integration. My specialties are Fibromyalgia, Neurodivergent Support, Pain Management, Pre and Post-Partum, Infant Craniosacral, Trauma Integration, Pelvic Floor Support, Scoliosis, Visceral, Somatic Movement and Neural Therapies.

Chair/Director of Integrative Health & Medical Massage, UNM-Taos May 2010 to August 2021
Responsible for coordinating schedule of course for three vibrant programs at UNM-Taos. Manage over 15 faculty, including hiring, evaluation and student advising. Responsible for managing budget matrices, vision planning and all future development within our programs. Including attending meetings with other departments and coordinating facilities management. Also manage the Yoga Teacher Training Program.

Director of Integrative Massage Therapy Program, UNM-Taos 2006 to August 2021
Developed curriculum and design for 650 and 1000 Integrative Massage Therapy Program for UNM-Taos. Facilitation and submittal to NM State Massage Therapy Board for approval as Massage Therapy School. Approved November 2007. Facilitation of submittal process through UNM-Taos and UNM-Albuquerque. Includes, working with students for successful completion of program, developing marketing, hiring and coordination teaching staff, and coordination of curriculum.

President, Santosha Yoga 2011 to 2017
Helped facilitated the transition of a "not for profit" yoga studio to a New Mexico Non Profit. Assist in managing daily coordination, memberships, scheduling, public relations, yoga teacher training and outreach to the community. This has been done with the art of seva.

Chair, New Mexico Massage Therapy Board, Santa Fe, New Mexico April 2009 to May 2013
Appointed by Governor Richardson to New Mexico Massage Therapy Board. Currently working on developing a second tier of licensure in Medical Massage to be implemented in two years. Facility public involvement process and researching scope of practice, definitions and other issues on national and international level. This is an important process and will put New Mexico in the forefront of guiding legislation in Medical Massage.

Interim Academy Head, Holistic Health and Healing Arts, UNM-Taos 2008
Responsible for coordinating programs and adjunct faculty for Holistic Health & Healing Arts, Psychology, Human Services, Sociology, Criminal Justice and Substance Abuse Counseling.

Director of Edelweiss Lodge & Spa, Taos Ski Valley, New Mexico 2005 to 2011
Manage, hire, train massage therapist for high-end spa. Including menu development, marketing and retail management. Yoga Instructor, design of custom retreats to increase tourism.

Licensed Massage Therapist, self-employed 1996 to 2021
Specialized in Structural Integration, Cranial Sacral Therapy, Balinese Massage and visceral massage.

Also trained in integrative deep tissue, myoskeletal & myofascial techniques with Eastern Shiatsu, Acupressure and Thai to assist clients with chronic injuries and conditions.

Finance Manager, Taos Herb Company, Inc. 2003-2005
Responsible for all financial and bookkeeping matters. Consult and make recommendations with owners. Assist in Human Resource management, consult and make recommendations. This is a multi-level position which requires a strong financial background and human resource background. Also, designed and implemented new accounting system for POS.

Human Resource Coordinator, Penncro Associates, Inc., Taos, New Mexico 2001-2002
Responsible for hiring and managing all employees from a Human Resource perspective. Managed and hired over 200 employees which included payroll, I-9s, disciplinary actions, medical insurance, and solving any issues between management and employees. Also, responsible for operations and facilities management. I also supervised support staff.

Associate Consultant, CCAinc, Seattle, WA 1993-1997
I worked with the President, Katy Isaksen, on several influential projects around the Northwest that changed the basic infrastructure in computer modeling for environmental economics in the Northwest. My specific duties included, but were not limited to the following:

- Responsible for hiring, training, and supervising administrative staff and subcontractors.
- Responsible for all marketing which included development of marketing materials such as brochures, databases, international and local relations maintaining in-house library with up-to date regulations (Federal and State laws).
- Responsible for all fiscal management, which included, A/R, A/P in Quickbooks, payroll and taxes.
- I was primarily a project manager, which included analysis of the economic impacts for transportation projects, developing program requirements and costs for public agencies including sewer/septic maintenance program and storm water utilities. I have resigned and conducted surveys and analyzed funding sources for public agencies. I have worked with several government agencies and jurisdictions including public involvement and facilitating communications between staff, commissioners, politicians, and the public.

Administrative Assistant to the Chief of Orthopaedics, Harborview Medical Center, University of Washington, Seattle, WA 1990-1992
Assisted three academic research doctors in academic and medical research in orthopaedic trauma. I co-wrote, prepared budgets for several National Science Foundation Grants ranging up to one million dollars. All grants were funded.

Assistant Marketing Manager to Aldus Magazine, (Adobe), Seattle, WA 1989-1990
Assisted Advertising Director in research and development. Responsibilities included advertising management to hiring and supervising support staff.

PRESENTATION AND CONFERENCES

1. Racial Justice in conjunction with IASI July 2023
2. Trauma in Touch Therapy Talk, High Desert Massage, Santa Fe NM January 6, 2020
Spoke to over 22 bodyworkers on current developments in treating trauma and upcoming ethical issues in massage therapy and bodywork.
3. Speaker, International Fascial Congress, Washington DC September 2015
4. Presented Outcomes in Fascial Health in Fibromyalgia.
5. SIMPLE Conference in Integrative Medicine, Albuquerque, NM October 2014
 - Presented October 15, 2014 Outcomes in Fascial Health in Fibromyalgia

6. SIMPLE Conference in Integrative Medicine, Albuquerque, NM October 2014
- Presented on October 14, 2014 with Jean Ellis-Sankari, MSW on Integrative Health Education: Meeting the needs of the underserved in Northern New Mexico.

PUBLICATIONS/PAPERS/ART PROJECTS

1. "Racial Justice in Structural Integration" in conjunction with IASI Education Committee 2023
Link to power point https://unmm-my.sharepoint.com/:p:/g/personal/ksegarra_unm_edu/EQ00he7liWVHlrDo8TW1ixlBwwd2wEHcVXgLDA5KANhjVg?e=vHkpM2
2. "Embodiment: An Indigenous Way of Knowing" 2022
<https://www.drkirstie.com/post/embodiment-an-indigenous-way-of-knowing>
3. "It is not just about the Vagus—the Wandering Nerve" 2022
<https://www.drkirstie.com/post/it-is-not-just-about-the-vagus-the-wandering-nerve>
4. "The Heart as a Fulcrum"
IASI Yearbook of Structural Integration 2020 2021, p 63-73 2022
<https://www.drkirstie.com/post/heart-as-a-fulcrum-by-dr-kirstie-segarra>
5. The Places That Scare You: Living with a soft spot and forgiveness July 2019
<https://www.drkirstie.com/post/the-places-that-scare-you-living-with-a-soft-spot-and-forgiveness>
6. Dark Night of the Soul January 2018
A multimedia presentation in film and composition of electric cello on working with PTSD, Veterans and Trauma <https://vimeo.com/249006749>
7. "I am a Yoga Astronaut: Part 11" December 2014
<http://www.elephantjournal.com/2014/12/i-am-a-yoga-astronaut-is-teaching-legs-up-the-wall-pose-really-safe/>
8. Yoga Alliance and IAYT are they worth it? 2014
<http://www.elephantjournal.com/2014/10/yoga-alliance-iayt-are-they-worth-it-kirstie-segarra/>
9. Fibromyalgia Magazine, UK October 2014

The Fibromyalgia Magazine. Year 14 Issue 12 October 2014. www.ukfibromyalgia.com, Pages 5-6
10. "I am a Yoga Astronaut: Part 10" September 2014
<http://www.elephantjournal.com/2014/09/i-am-a-yoga-astronaut-the-ethics-of-arm-balance-poses-kirstie-segarra/>
11. "I am a Yoga Astronaut: Part 9" August 2014
<http://www.elephantjournal.com/2014/07/how-doing-fascial-yoga-can-help-to-prevent-injuries-kirstie-segarra/>
12. "I am a Yoga Astronaut: Part 8" March

- 2014
<http://www.elephantjournal.com/2014/03/i-am-a-yoga-astronaut-10-mistakes-we-can-avoid-in-teaching-yoga-kirstie-bender-segarra/>
13. "I am a Yoga Astronaut: Part 7"
 February 2014
<http://www.elephantjournal.com/2014/02/i-am-a-yoga-astronaut-fascia-pain-kirstie-bender-segarra/>
 14. "I am a Yoga Astronaut: Part 6" Jan.
 2014
<http://www.elephantjournal.com/2014/01/i-am-a-yoga-astronaut-fascinated-with-fascia-part-6-kirstie-bender-segarra/>
 15. Managing Fascial Health for Individuals With Fibromyalgia Jan.
 2014

 Peer Reviewed Journal Article in Yearbook for International Association for Structural Integration (IASI)
 16. "I am a Yoga Astronaut: Part 5 " Dec. 2013
 Article published in elephantjournal.com
<http://www.elephantjournal.com/2013/12/i-am-a-yoga-astronaut-all-cues-are-wrong-part-5-kirstie-segarra/>
 17. "I Heart Gay Yoga " Nov. 2013
 Article published in elephantjournal.com
<http://www.elephantjournal.com/2013/11/i-heart-gay-yoga-kirstie-bender-segarra/>
 18. "I am a Yoga Astronaut: Part 4" Oct. 2013
 Article published in elephantjournal.com
www.elephantjournal.com/2013/11/i-am-a-yoga-astronaut-part-4-kirstie-bender-segarra/
 19. "I am a Yoga Astronaut: Part 3" Oct. 2013
 Article published in elephantjournal.com
<http://www.elephantjournal.com/2013/10/i-am-a-yoga-astronaut-part-3-kirstie-bender-segarra/>
 20. "I am a Yoga Astronaut: Part 2" Sept. 2013
 Article published in elephantjournal.com
<http://www.elephantjournal.com/2013/09/i-am-a-yoga-astronaut-part-two-kirstie-segarra/>
 21. "I am a Yoga Astronaut" Sept. 2013
 Article published in elephantjournal.com
<http://www.elephantjournal.com/2013/09/i-am-a-yoga-astronaut-kirstie-segarra/>
 22. Myofascial Yoga: A movement and yoga therapists guide to asana, Book. Aug. 2013
 23. "Living and Managing Chronic Pain" May 2012
 Article published in Taos News
 24. "Mindful Breathing, Meditation & Stretching!" March 2012
 Article published in Southwestflair.com and Taos News
 25. Kinetic Paintings 2010-
 2012

Series of multimedia compositions with cello and video.

26. "Tat Tvam Asi" in Bali: Healing through divorce-two yoginis journey Oct. 2010
Article published in Southwestflair.com.
27. Instructional DVD on Traditional Balinese Massage 2005
Designed, developed, co-edited instructional video documenting Traditional Balinese massage by Jero Tapakan. Project includes anthropological footage.

TECHNICAL SKILLS

Excellent computer skills in PC and MAC from Word Processing, Excel, Database management to Web Design, Graphic Arts, Desktop Publishing, Music recording software and film editing. Basic Networking skills and I am able to solve problems independently.

LANGUAGES

English and French, some Bahasa Indonesia

MEMERSHIPS

International Association for Structural Integration, National Certification Board for Therapeutic Massage and Bodywork, Yoga Alliance, AMTA. International Association for Structural Integration, and International Association of Yoga Therapist

HONORS

AMTA Presidential Award, recognition for excellence in the field of massage therapy for New Mexico, April 2019

In March 2015 selected as a top one hundred leader in the massage field by MTSI with an interviewed featured at <http://www.massagetherapyschoolsinformation.com/kirstie-bender-segarra/>.

Nominated to Remarkable Women of Taos 2012 profile at <http://taos.org/women/profiles-caregivers/?item/147/Kirstie-Bender-Segarra-Massage-Therapist-and-Yoga>