



BONNIE TARANTINO

Cockeysville, MD

410-274-7079 • Bonnietarantino@gmail.com

Bonnietarantino.com

PROFESSIONAL SUMMARY

Creative writer, Reiki Master teacher, and yoga educator with over 30 years of experience guiding individuals and professionals in practices that support embodiment, resilience, and reflective awareness. Designs and leads integrative programs combining movement, meditation, sound healing, and writing to foster clarity, intention, and community connection. Experienced in clinical, academic, retreat, and studio-based teaching environments.

CORE SKILLS

- Yoga Instruction (E-RYT 500, C-IAYT)
 - Reiki Master Training (Usui, Karuna, Holy Fire)
 - Meditation & Yoga Nidra Facilitation
 - Healthcare Professional Training
 - Retreat & Program Development
 - Sound Healing Integration
 - Creative Writing Facilitation
 - Somatic Awareness Practices
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PROFESSIONAL EXPERIENCE

Owner & Director

Yoga Barn Studio, Kei Core, LLC — Maryland

2018–2026

- Directed studio operations and programming
 - Taught weekly Prana Yoga and meditation classes
 - Led Reiki certification trainings (Levels I–Master)
 - Designed seasonal workshops integrating ritual, journaling, and movement
 - Hosted sound healing concert series and community gatherings
 - Designed and led international wellness retreats
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Director of Yoga Programs

Center for Integrative Medicine, University of Maryland School of Medicine

2002–2018

- Directed yoga programming within a nationally recognized integrative medicine center
 - Received grant funding to train healthcare professionals in clinical yoga applications
 - Taught physicians and nurses at R Adams Cowley Shock Trauma Center
 - Developed mindfulness-based protocols for critical-care environments
 - Published research demonstrating effectiveness of yoga training for healthcare professionals
 - Contributed to integration of contemplative practices in medical settings
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Owner

Room For Spirit Yoga & Wellness Studio — Storrs, CT

1999–2001

- Founded and directed community yoga and wellness studio
 - Taught classes, workshops, and teacher development programs
 - Built interdisciplinary programming integrating movement and meditation
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Consultant

American Red Cross Headquarters — New York, NY

1995–1998

- Served on Health and Safety Division re-engineering team
 - Supported organizational program development initiatives
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Adjunct Professor

Chaminade University

1994–1995

- Taught undergraduate writing courses in English and Poetry
 - Mentored student literary publication contributors
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English Teacher & Program Advisor

Sacred Heart High School

1990–1994

- Taught English curriculum
 - Advised photography, yearbook, and literary journal programs
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EDUCATION

MFA, Writing

Manhattanville College, 1993

BA, English & Education

George Washington University, 1990

CERTIFICATIONS & PROFESSIONAL TRAINING

- Usui Reiki Master Teacher, 2000
 - Karuna Reiki Master Teacher, 2001
 - Holy Fire Reiki Master Teacher, 2018
 - E-RYT 500 Yoga Teacher Certification, 2013
 - C-IAYT Yoga Therapist Certification, 2015
 - 200-Hour Yoga Teacher Training, 2001
 - Sound Healing Training — Tom Kenyon & Edie Jemiola, 2001
 - iRest Yoga Nidra Certification, 2019
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RESEARCH AND PROFESSIONAL PUBLICATION

Qualitative and quantitative evaluation of a pilot integrative coping and resiliency program for healthcare professionals

Bonnie Tarantino¹, Michael Earley, Donna Audia, Christopher D'Adamo, Brian Berman

Explore (NY). 2013 Jan-Feb;9(1):44-7. doi:
10.1016/j.explore.2012.10.002.PMID: 23294820 Clinical Trial.

WORKSHOPS & RETREAT LEADERSHIP

Design and lead experiential programs including:

- Reiki certification (Levels I–Master)
- Weekly Prana Yoga classes
- Vision-boarding and intention-setting workshops
- Seasonal and lunar practice gatherings

- Sound healing concert series
 - Tarot immersion programs (online and in person)
 - International retreats: India, Ireland, Hawaii, Ecuador, New Mexico
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CREATIVE WORK

Creative writing exploring inner landscapes, memory, and place

- Poems published in *Chaminade Literary Review*, 1994
- Ongoing blog (since 2020)
- Regular participant, Manor Mill Open Mic (Monkton, MD)
- Visual art installations supporting meditation practice