

Terra Gold

Instructor at Loyola Marymount University

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Biography

Terra Gold, DiplOM, L.Ac., C-IAYT, E-RYT500 co-created the Yoga and the Healing Sciences teacher training program in the LMU Center for Religion and Spirituality in 2009. She is the fall coordinator of the program, as well as serving on faculty in the Yoga Therapy Program in the Center. Terra is also the co-author of the comprehensive yoga therapy medical book, "Yoga Therapy and Integrative Medicine: Where Ancient Science Meets Modern Medicine", released in early 2015, which highlights the uses of yoga therapy within specific medical fields. She is a licensed acupuncturist, a certified yoga therapist, a clinically trained nutritionist, and has an allied professional degree in Integrative Body Psychotherapy (IBP). Find her at www.terrawellness.com

Education

Emperor's College

M.A.

University of California at Los Angeles

B.A.

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