**MARIA TABONE, MA, MS**

Holistic Nutritionist, Certified Ayurveda Practitioner, Holistic Health Educator, Healing Foods Chef,

Clinical Aromatherapist, Registered Yoga Teacher, Herbalist, Reiki Practitioner,

Author of "The Holistic Root to Managing Anxiety"

646.306.0533 / maria@theholisticroot.com / [www.theholisticroot.com](http://theholisticroot.blogspot.com)

***Education and Achievements***

**Hawthorne University, CA** – *Master of Science, Nutrition & Natural Health*

**The Graduate Institute, CT -** *Master of Arts, Integrative Health and Healing*

**Ayurveda’s World, NY, NY -** *Faculty*

**Cornell University, Ithaca, NY** - *T. Colin Campbell Plant-based Nutrition Certification*

**Integral Yoga Institute, NY, NY -** *Holistic Health Consultant*

**Natural Gourmet Cooking School, NY, NY -** *Vegetarian Cuisine Certification*

**American Yoga Academy, NJ -** *Registered Yoga Instructor*

**Jane Buckle – London, England -** *Clinical Aromatherapy Certification*

**The Institute of Culinary Education, NY, NY –** *Pastry/Baking Certification*

**East West Herbology School, CA** - *Professional Herbalist*

**Sharma Holistic Center, NJ -** *Reiki Practitioner (Master Level)*

**Reiki Blessings Academy, CA -** *Holistic Health Practitioner Certification; Reflexology Certification*; *Chakra Therapy Certification*

***Experience***

* Holistic Nutritionist, Certified Ayurveda Practitioner, Holistic Health Educator, Healing Foods Chef, Registered Yoga & Meditation Instructor, Clinical Aromatherapist, Herbalist, Reiki Practitioner, Reflexologist, Author.
* Private Holistic Health & Nutrition practice in New York City & New Jersey.
* Published article for Authority Magazine (owned by Arianna Huffington) “How We Can Optimize Our Mental, Physical, Emotional & Spiritual Wellbeing”
* Contributor – Thrive Global blog
* Authored/Published *“The Holistic Root to Managing Anxiety”.*
* Ayurveda’s World – Faculty Member & Teacher
* Created and hosted 75 aromatherapy videos for Homeveda.com.
* Shakti Yoga & Living Arts – Ayurveda Nutritionist/Teacher/Holistic Health Counselor and Educator
* Kean University, Union NJ – Speaker/Teacher
* Created meditation program at A+E Networks
* Conducted Lunch & Learn at Viacom (Meditation, health, aromatherapy)
* Writer – Aromaculture Magazine
* Staff Writer – NAHA Aromatherapy Journal
* Integral Yoga Institute, NY, NY **-** Holistic Health Consultant
* Blogger for Z Living TV.
* Registered Yoga/Meditation Instructor teaching private and group classes.
* Conduct private and group cooking workshops.
* Conducted classes at Whole Foods
* Create and sell custom essential oil blends.

***Special Affiliations***

Faculty member Ayurveda’s World NYC

# Member of the National Ayurvedic Medical Association

Member of the American Herbalist Guild

Member of GMO-Free NJ

Member of the American Association of Drugless Practitioners

Member of the National Association for Holistic Aromatherapy

Member of the Alliance of International Aromatherapists

Member of the Health & Wellness Professionals Network

Member of The Ayurvedic Institute