



**Gabrielle Casella initially became interested in yoga during her childhood partially influenced as a result of visiting her Sikh friends & neighbors who had a private shrine/studio in their home dedicated to the Kundalini practice. Stimulated by her early interest in the healing arts she began as a young adult studying Hatha and later Ashtanga yoga while in college from 1996-1998.**

**In 1999, Gabrielle immersed herself in the Chinese medical practices of Taoist internal/martial art forms by training with Master Chik Quadir Mason, founder of the Spirit Wind Internal Arts Society. She received many certifications of study in various martial/internal arts such as Pa-Kua Chang, Tao Yin Yoga Level II, Chi Kung, Tai Chi Chuan plus earning her "Warrior Sash" for Kung Fu, in addition to healing bodywork techniques such as Lin Zi Chi Therapy & Thai Massage. Part of her studies with the group involved participating in group collaborations, demonstrations & performances, including poetry dedicated to specific animal forms (ex. The Crane-Hao Shen Chai). In 2000, she earned her B.A. from Temple University's Department of Theater with an exploratory concentration in dance, music & voice. As an apprentice, Gabrielle was recommended by Sifu Mason to begin teaching his lessons & encouraged to integrate them along with the material she studied as a multi-disciplinary performance artist.**

**After Sifu Mason left Philadelphia in 2001, she joined the Philadelphia based theater company, ArcheDream for HumanKind where she began to develop her signature style of movement meditation in combination with performance presentation into a system of practice. Aside from her role as assistant artistic director, she was a lead performer and choreographer who also facilitated healing arts & theater/movement/dance workshops training company members & various students involved in residency programs until 2006 ([her choreography from "the shamyn's breath"](#)).**

**Gabrielle's work as a healing arts practitioner and instructor continues to intersect with her work as an inter-disciplinary performance artist through the incorporation of internal and martial arts forms in combination with dance, poetry and theater presentation (<http://www.plumdragoness.com>).**

**Gabrielle is a certified yoga teacher, registered & insured through the Yoga Alliance. Aside from her intensive studies with Sifu Chik Quadir Mason & the Spirit Wind Internal Arts Society, she has also studied Ashtanga Yoga with Miko-Doi Smith, Yin Yoga with Sarah Powers, Vinyasa Yoga with the Rasa School, Yang style T'ai Chi Chuan with Master Yang Jun, Taoist (Yin/Yang) Yoga with Master Pauli Zink & Thai Bodywork with Michael Buck. She facilitates private lessons, group classes/workshops & is available for Thai Bodywork sessions.**

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