

Margaret Glatfelter

Healer Speaker Trainer

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SUMMARY

Margaret Glatfelter, founder and creative director of the Lalitha® Institute is an international speaker, healer and trainer. A clairvoyant intuitive with extensive background in practice and formal education, she has been helping individuals, groups and corporations reach their goals for over 20 years.

Margaret is one of a few Americans transmitting an authentic living tradition handed down from teacher to student for thousands of years. As part of the Integral Yoga lineage, the Himalayan Masters tradition, the Usui Reiki Master lineage and a direct relative of D.D. Palmer, father of modern Chiropractic Medicine, Margaret's roots in personal development and traditional healing are profound.

Margaret is available in person, virtually and remotely. Practicing globally, she is multi-lingual.

PROFESSIONAL HIGHLIGHTS

Lalitha Institute, LLC

FOUNDER & CREATIVE DIRECTOR

2003 - Present

Programs for total health, peak performance, creativity, self-mastery, genius and to reach your full potential

Taksha Institute, Hampton, VA

ADVISOR OF YOGA & ENERGY HEALING

2013 - Present

Course developer and instructor of the Reiki Training Workshop

National Guild of Hypnotists, Merrimack, NH

CERTIFIED HYPNOTIST

2013 - Present

Stress reduction, smoking cessation and weight loss

Peabody Institute Johns Hopkins University, Baltimore, MD

WORKSHOP FACILITATOR, YOGA INSTRUCTOR, MEDITATION TEACHER

2015 - Present

Private sessions, classes and workshops for students, staff and administration

Hanover Hospital, Marketing and Metabolic Wellness Program, Hanover PA

YOGA INSTRUCTOR

2015 - Present

Holistic wellness educator for patients, staff and community

Natural Vibrant Health, Hereford, MD

YOGA INSTRUCTOR, CONSULTING HYPNOTIST

Relaxation sessions for cancer patients, survivors, family and caregivers

2013 - 2015

QUALIFICATIONS

Stress Management Teacher Certification SATCHIDANANDA ASHRAM 2016

Yoga Therapist INTERNATIONAL ASSOCIATION OF YOGA THERAPIST 2016

Restorative Yoga Teacher Certification SATCHIDANANDA ASHRAM 2016

Raja Yoga Teacher Certification SATCHIDANANDA ASHRAM 2016

Certified Hypnotist NATIONAL GUILD OF HYPNOTISTS 2013 - Present

QUALIFICATIONS

Vastu Practitioner Certification AMERICAN INSTITUTE OF VASTU 2011 - Present
Integral Yoga Advanced Teaching Certification SATCHIDANANDA ASHRAM 2010
Experienced Registered Yoga Teacher 500 Hours (E-RYT500) YOGA ALLIANCE 2010
Energy Healing Certification ROSALYN BRUYERE 2008 - 2011
Yoga and Ayurveda Teaching Certification SATCHIDANANDA ASHRAM 2007
Karuna Reiki Master Teacher Certification WILLIAM LEE RAND DIRECT LINEAGE 2007
Pranic Healer Certification PENNSYLVANIA SCHOOL OF SPIRITUAL HEALING 2005 - 2007
Usui Reiki Master Teacher Certification & Gendai Reiki Master Teacher Certification YORK, PA 2005 - 2006

COLLEGE DEGREES

- *B.A. Spanish* DRAKE UNIV. HONORS 1979
 - *B.A. Speech* UNIV. OF IOWA HONORS 1978
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PROFESSIONAL DEVELOPMENT

- *Living Tantra* HIMALAYAN INSTITUTE 2009 - 2010
 - *Black Belt* SO'S TAE KWON DO 2003 - 2007
 - *Meditation* HIMALAYAN INSTITUTE 2008 - 2015
 - *Swimsuit Winner* MISS AMERICA PAGEANT 1976
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HONORS

Hellenic American Women's Council NATIONAL CONFERENCE PRESENTER AND PANELIST 2015
Taksha International Space Health Forum on Human Energy Conservation in Space SPEAKER 2013
Initiated into the Order of the Himalayan Masters PANDIT RAJMANI TIGUNAIT 2009
Received the Spiritual Name Lalitha HIS HOLINESS SRI SWAMI SATCHIDANANDA 2003
Phi Sigma Iota Foreign Language Honor Society DRAKE UNIVERSITY 1979
Mortar Board Honor Society UNIVERSITY OF IOWA 1978

PROFESSIONAL MEMBERSHIPS

- National Federation of New Linguistic Programming (NFNLP)
 - National Ayurvedic Medical Association (NAMA)
 - National Guild of Hypnotists (NGH)
 - International Association of Yoga Therapists (IAYT)
 - Integral Yoga Teacher Association (IYTA)
 - Yoga Alliance (YA)
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PUBLICATIONS

- *So Ham Meditation* 2016
 - *Yoga & Ayurveda: An Autumn Yoga Practice* 2015
 - *A Simple Meditation for Anxiety & Overwhelm* 2016
 - *Brain Health: A Simple Practice for Monkey Mind* 2014
 - *The Best Meditations for Healing & Rejuvenation* 2016
 - *Yoga and Meditation* 2014
 - *The Healing Power of Breath: Stress & Anxiety* 2016
 - *Energy Healing for Better Health & Peace of Mind* 2011
 - *Chakra Meditation* 2015
 - *Pranic Healing* 2011
 - *Candle Gazing Meditation* 2015
 - *Yoga & Stress Management* 2009
 - *Pure Water* 2015
 - *Marma Points of Ayurveda* 2008
 - *Tools for Conscious Living* 2015
 - *Yoga Defined* 2008
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AFFILIATIONS

- Hellenic American Women's Council
 - President's Club University of Iowa
 - American Legion Auxiliary
 - The Mars Society
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