

# Sara Delaney Peternell

Registered Yoga Teacher (RYT)  
Certified Nutrition Therapist (CNT)

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## MARKETING & EVENTS

### **Website Content Coordinator, The Children's Hospital**

Clinical content, eNewsletters and Web marketing to healthcare professionals.  
Denver, Colorado, July 2003 to Present

### **Development Associate, The Children's Hospital Foundation**

Fundraising programs, special events, and grant writing.  
Denver, Colorado, August 2002 to July 2003

### **Copywriter, eCollege**

Advertising, marketing campaigns, and eLearning conference support.  
Denver, Colorado, July 2000 to August 2002

### **Marketing & Communications Specialist, International Channel Networks**

Public relations, website marketing, internal communications and special events.  
Littleton, Colorado, June 1999 to July 2000

## YOGA

### **Employee Yoga Program Director, The Children's Hospital**

Denver, Colorado, October 2003 to Present

### **Private Yoga Instructor**

Denver, Colorado, March 2004 to Present

### **Studio Instruction:**

#### **Highland Yoga Studio**

Denver, Colorado, November 2004 to December 2005

#### **Golden Yoga Studio**

Golden, Colorado, April 2005 to December 2005

#### **The Denver Ashtanga Yoga Center**

Denver, Colorado, August 2003 to June 2005

#### **HYE Yoga Studio**

Denver, Colorado, August 2004 to November 2004

#### **Core Power Yoga**

Denver, Colorado, June 2003 to September 2003

## NUTRITION

### **Personal Coach, Fitness Prescription Program, The Children's Hospital**

Volunteer Employee Program Coordinator  
Denver, Colorado, March 2005 to Present

### **Private Nutrition Coaching**

Denver, Colorado, January 2004 to Present

## **EDUCATION & CREDENTIALS**

### **Nutrition Therapy Institute of Colorado**

Denver, Colorado, anticipated graduation June 2007

### **Registered Yoga Teacher – 200 Hours, Yoga Alliance**

National Organization, May 2005 to Present

### **Certificate, Level One Teacher Training – 200 Hours, Core Power Yoga**

Denver, Colorado, June 2003

### **Certificate, Adult CPR, The American Red Cross**

Englewood, Colorado, July 2003

### **Bachelor of Arts, Drake University**

Des Moines, Iowa, May 1997

### **American Institute for Foreign Study, Sorbonne and American University of Paris**

Paris, France, Spring 1996

## **VOLUNTEER**

### **Wellness Instructor, Human Resources Department, The Children's Hospital**

Denver, Colorado, December 2006

### **Nutrition Instructor, Medical Career Collaborative, The Children's Hospital**

Denver, Colorado, November 2006

### **Wellness Station Coordinator, Nursing Leadership Retreat, The Children's Hospital**

Denver, Colorado, November 2005

### **Yoga Instructor, Juvenile Arthritis Camp, The Children's Hospital**

Estes Park, Colorado, June 2004

### **Yoga Instructor, SHINE CLUB, The Children's Hospital**

Denver, Colorado, March 2004

### **Yoga Instructor, Girl Scouts Body Image Badge Day, The Children's Hospital**

Denver, Colorado, March 2004, March 2006

### **Founding Board Member, All Empowered! Non-Profit Youth Organization**

Denver, Colorado, September 2003 to August 2004

*For more information, please visit my website at [www.sarapeternell.com](http://www.sarapeternell.com).*