
DANA SANTAS CSCS, E-RYT

email: dana@mobilitymaker.com

PROFILE

- Known as the "Mobility Maker," a mind-body coach in professional sports, the exclusive yoga expert for CNN Health, and an international speaker/presenter and published author of books and articles on ways to help people breathe, move and feel better to improve performance, reduce injury and enhance overall quality of life.
- Certified strength & conditioning coach (CSCS) and experienced registered yoga teacher (E-RYT) with extensive education in movement modalities (FMS, TPI, PRI & more), mental performance and the biomechanics of breathing.
- Specializes in training athletes in MLB, NHL, NBA, NFL, MLS, PGA, WTA & WWE working with teams and individual athletes to create custom programming ranging from functional training, corrective exercise and dynamic mobility to recovery and rehab.
- Experience consulting/training with more than 40 professional sports teams/organizations and hundreds of pro athletes worldwide.
- Currently serves as the contracted mobility & breathing coach/yoga consultant for the Orlando Magic, Tampa Bay Rays, Philadelphia Phillies, Atlanta Braves, Toronto Blue Jays, Minnesota Twins, Houston Texans, Tampa Bay Lightning & World Wrestling Entertainment (WWE).
- Proudly works with U.S. military, tactical responders and veterans, including previously serving as exclusive yoga trainer for the Boston Fire Department.
- Regularly featured in media worldwide as a fitness, health & wellness expert and author.

TEAM/ORGANIZATION EXPERIENCE

YOGA MOBILITY/BREATHING CONSULTANT, HOUSTON TEXANS, HOUSTON, TX –
MAY 2017-PRESENT

Instructing breathing/mobility sessions for players (grouped by position), creating videos for off-season programs and consulting with coaching staff.

MOBILITY, BREATHING AND RECOVERY CONSULTANT, **WORLD WRESTLING
FEDERATION (WWE)**, ORLANDO, FL – JANUARY 2017-PRESENT

Assisting with dynamic mobility and recovery during group training sessions, and consulting with head strength coach.

YOGA MOBILITY/BREATHING COACH, **TORONTO BLUE JAYS**, TORONTO, ON & DUNEDIN, FL – SEPTEMBER 2015-PRESENT

Creating individualized programs for major-league players, instructing breathing/mobility sessions for groups of minor-league players, teaching in-service sessions for training and coaching staff, creating videos for in and off-season programs and consulting with high-performance staff to integrate mobility/breathing exercises directly into programs.

YOGA MOBILITY/BREATHING COACH, **ATLANTA BRAVES**, ATLANTA, GA & ORLANDO, FL – SEPTEMBER 2014-PRESENT

Instructing yoga mobility sessions for groups of minor-league players, assisting with major-league player rehab programs, and consulting with strength & conditioning coaching staff.

YOGA MOBILITY/BREATHING COACH, **PHILADELPHIA PHILLIES**, CLEARWATER, FL – SEPTEMBER 2013-PRESENT

Conducting breathing/mobility sessions for major-league players during spring training and minor-league players during Fall Instructional League, creating videos for off-season programs and consulting with strength & conditioning coaches/providing in-service training to athletic training and strength & conditioning staff.

YOGA MOBILITY/BREATHING COACH, **MINNESOTA TWINS**, FORT MYERS, FL – JANUARY 2018-PRESENT

Instructing yoga mobility, breathing and recovery sessions for groups of minor-league and major-league players, consulting with strength & conditioning coaching staff.

YOGA MOBILITY/BREATHING COACH, **TAMPA BAY LIGHTNING**, TAMPA, FL – SEPTEMBER 2011-PRESENT

Teaching yoga mobility sessions during camps; working with athletic training staff to provide rehab programming and individually training players in and off season.

YOGA MOBILITY/BREATHING COACH, **TAMPA BAY RAYS**, ST. PETE, PORT CHARLOTTE & TAMPA, FL – FEBRUARY 2007-PRESENT

Instructing yoga mobility sessions for minor-league players and during major-league spring training; consulting with strength & conditioning coaching staff.

YOGA MOBILITY, BREATHING & RECOVERY CONSULTANT, **ORLANDO MAGIC**, ORLANDO, FL – SEPTEMBER 2014-PRESENT

Teaching breathing biomechanics and yoga-based recovery modalities in individual and group player sessions and consulting with head strength and conditioning coach.

YOGA MOBILITY/BREATHING COACH, **PITTSBURGH PIRATES**, BRADENTON, FL – SEPTEMBER 2010-2014

Instructing yoga mobility sessions for minor-league players and during major-league winter camps; consulting with strength & conditioning coaching staff.

YOGA TRAINER, **BOSTON FIRE DEPARTMENT**, BOSTON, MA – JUNE 2005-
DECEMBER 2007

Taught weekly yoga mobility/recovery sessions to groups of firefighters.

YOGA MOBILITY/BREATHING CONSULTANT, **VARIOUS PROFESSIONAL ORGANIZATIONS AND ATHLETES**, 2005-PRESENT

Experience consulting with more than 40 professional teams/organizations and dozens of individual professional athletes, including but not limited to: New York Yankees, Boston Red Sox, Charlotte Bobcats, USF Bulls, NHL All-Star Goaltender Tim Thomas, San Francisco Giants Centerfielder Denard Span, Veterans Alternative Center and more.

ADDITIONAL WORK EXPERIENCE

EXCLUSIVE YOGA EXPERT, **CNN HEALTH**, ATLANTA, GA – 2013-PRESENT
Serving as the exclusive yoga expert for CNN, creating ongoing content for their online CNN Health division. Written nearly 50 articles on subjects related to yoga, meditation, fitness, strength training and overall wellness.

RECURRING FITNESS EXPERT, **DAYTIME TV** – NBC, TAMPA, FL – 2013-PRESENT
Appearing on a quarterly basis to share tips on yoga, meditation, fitness, and overall wellness.

RECURRING MIND-BODY EXPERT, **BAY NEWS 9**, ST, PETE, FL – 2016-PRESENT
Appearing regularly to share tips on yoga, meditation, fitness, and overall wellness.

EDUCATION

TUFTS UNIVERSITY, MEDFORD, MA – BA ,CUM LAUDE, 1998

NATIONAL STRENGTH & CONDITIONING ASSOCIATION – CERTIFIED STRENGTH &
CONDITIONING SPECIALIST (CSCS) 2016

FUNCTIONAL MOVEMENT SYSTEMS – FMS, FCS 2017

TITLEIST PERFORMANCE INSTITUTE – TPI LEVEL ONE 2016

POSTURAL RESTORATION INSTITUTE – POSTURAL RESPIRATION (2XS),
MYOKINEMATICS, PELVIS RESTORATION, IMPINGEMENT & INSTABILITY, PRI FOR
BASEBALL (2XS), PRI VISION, 2013-2015

YOGA ALLIANCE – CERTIFIED TO RUN YOGA TEACHER TRAINING CERTIFICATION SCHOOL, 2011

NATIONAL ACADEMY OF SPORTS MEDICINE – OPTIMUM PERFORMANCE TRAINING 2007

AMERICAN COLLEGE OF SPORTS MEDICINE – PERSONAL TRAINER 2006

YOGA ALLIANCE – EXPERIENCE REGISTERED YOGA INSTRUCTOR (E-RYT), 2004

SPEAKING/PRESENTING EXPERIENCE

PERFORM BETTER SUMMITS – 2016, 2017, 2018

SUMMER STRONG – 2016, 2017

NATIONAL STRENGTH & CONDITIONING ASSOCIATION – 2017, 2018

PLAE SUMMITS – 2017

HAMMER STRENGTH CLINICS – 2017

ATHLEAN-X SUMMIT – 2017

TPC BOSTON – 2007

MLB BASEBALL WINTER MEETINGS – 2007

PUBLISHED WORK

CNN.COM – 50+ ARTICLES FROM 2013-PRESENT, INCLUDING “*BREATHE BETTER TO MOVE BETTER,*” “*WHY STRETCHING LONGER ISN’T ALWAYS BETTER,*” AND “*SIX MINUTES OF YOGA FOR BETTER SLEEP.*”

BOOK – COPYRIGHT JAN. 2018, ALTHEA PRESS “*PRACTICAL SOLUTIONS FOR BACK PAIN RELIEF: 40 BODY AND MIND EXERCISES TO MOVE BETTER, FEEL BETTER AND RELIEVE PAIN PERMANENTLY*”

BOOK – COPYRIGHT 2005 “*YOGA IS NOT ONE SIZE FITS ALL*” (PUBLISHED UNDER FORMER NAME, DANA EDISON)

MEDIA OUTLETS WORLDWIDE – 100+ INTERVIEWS & BYLINES 2005-PRESENT
[HTTPS://WWW.MOBILITYMAKER.COM/PRESS/](https://www.mobilitymaker.com/press/)

REFERENCES

Available upon request.