



Svitlana Iarmolenko Ramer

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Svitlana Iarmolenko Ramer, born and raised in Kyiv, Ukraine, moved to the US in 2008 to pursue an advanced degree. A graduate of Taras Shevchenko National University's Geography Department, Svitlana obtained her MS from East Carolina University and her PhD from Penn State in Recreation, Leisure, Wellness, and Tourism Studies. Initially focusing on psychological wellbeing of travelers and migrants, Svitlana spent a semester with the Department of Developmental Psychology of Friedrich Schiller University in Jena, Germany. After several years of teaching at Georgia Southern University and Texas A&M University, Svitlana decided to take her work in a more applicable direction, obtaining yoga teacher certification and teaching yoga, mindfulness, holistic health, and wellbeing to both adults and children. While maintaining her appointment at Texas A&M, Svitlana has taught after school geography programs and yoga, meditation, and holistic health to adults and children. She is passionate about fostering mind-body connection and natural health in individuals of all ages through educational programs and the physical practices of yoga, meditation, and herbal healing.