

BELINDA Y. THURSTON

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517-488-5260

Owner/Instructor
2010–present

[Just B Yoga & Tai Chi LLC](#)

Own and operate inner-city, donation-based studio. Teach yoga, tai chi and meditation. Manage email lists, digital presence, blog, promotions, event coordination, product development, marketing and speaking engagements.

Director/Founder
2012–present

[Free Being Yoga Network](#)

Director and founder of nonprofit providing yoga services to the homeless, victims of trauma and violence, special needs children, at-risk youth and other underserved communities.

**Digital News Director/
Asst. Managing Editor**
2004–2012

Lansing State Journal, Lansing, MI

Manage web site. Direct and develop multimedia and data news projects. Develop digital content strategies. Coordinate news content and production between local and statewide properties. Responsible for newsroom training. Recruited talent and performed portfolio evaluations at journalism conventions.

2000–2004
1997–2000

Assistant Metro Editor
Assistant City Editor

Dallas Morning News, Dallas, TX
Poughkeepsie Journal, Poughkeepsie, NY

Reporter – 1992–1997

EDUCATION

2012 Special needs yoga and kids yoga, As You Are Yoga
2008 Yoga Teacher Training, 300 RYT, Hilltop Yoga
1992, Magna cum laude, BA, English Writing, University of Pittsburgh,
1986–1988, Computer science/English/Spanish, Carnegie Mellon University, Pittsburgh, PA

VOLUNTEER

2013 Building Michigan Communities convention – Provided wellness workshop and yoga
2012, 2011 Lansing Dragonboat races – Opening tai chi warmups

PROFESSIONAL ORGANIZATIONS

Yoga Alliance * Yoga Service Council, 2012 * Greater Lansing Convention & Visitors Bureau * National Association of Black Journalists * Society of Professional Journalists

AWARDS

2013 Tribute to Women Award, Women's Center of Greater Lansing
2012 Michigan Hometown Health Hero
2008 Michigan AP, Lansing State Journal, Best Web Site
1994 APME finalist investigative journalism

