

**Ashley Ludman**  
**Class 1995**  
**Seaside Yoga**



Ashley began her career in occupational therapy in skilled nursing facilities before returning to the Post-Professional Master's Program in 1997. She worked in all areas of rehab (including acute care, pediatrics, Neonatal ICU, inpatient and outpatient rehab, and hand therapy) at New Hanover Regional Medical Center. Wanting to work in the area of preventative wellness, she then began her own wellness programs. At the same time, Ashley began practicing and teaching yoga. This alone became her passion when she began to see the therapeutic benefits of yoga in herself and her clients. In June of 2002, she opened her own Yoga studio, Seaside Yoga, working with private clients, classes, and teach teachers. She finally found her niche!

Ashley's graduate education at ECU in 1997 and 98 was invaluable to her in undertaking such an enormous task of opening a small business. She is often asked if she is still an Occupational Therapist. Ashley says "I tell them that I use my theory and clinical reasoning skills on a daily basis. I still use principles learned in developing programming while using Yoga, meditation and writing as my modalities as a therapist." Ashley says she now knows what her teachers meant all those years ago when they taught us to think outside the box of traditional Occupational Therapy. "They said that this would be the wave of the future and that we could not rely on insurance reimbursement for job security. I was listening that day. I wasn't sure that I fully believed them at that time. They were right. I'm glad they were."