

ALEX BROWN

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PROFILE

Passionate 26-year-old yoga teacher with training in restorative yoga, breath work, and meditation applying for positions teaching a slow-paced Vinyasa yoga class. Enjoys working with a wide range of students, especially motivating those who are older, have restricted mobility, or are new to yoga.

HARD SKILLS

- Vinyasa yoga
- Restorative yoga
- Breath work
- Meditation
- Yoga blocks and bolsters for support
- CPR/First Aid certified
- Bilingual in English and Spanish

SOFT SKILLS

- Communication
- Problem solving
- Creativity
- Time management
- Organization

EXPERIENCE

CUSTOMER SERVICE JOB TITLE

Company Name | Location | JULY 2019 - PRESENT

- Maintained over 150 customer accounts and information
- Made product and service recommendations based on customer needs
- Oversaw, processed, and performed customer adjustments
- Handled customer complaints over phone and email, achieving a resolution rate 10% higher than the company average

EDUCATION

BREATHING DEEPLY YOGA THERAPY

200-Hour Yoga Teacher Training

APRIL 2022 - SEPTEMBER 2022

COLLEGE NAME

Bachelor of Science in Business Administration

AUGUST 2016 - MAY 2019

ACTIVITIES

- Volunteered at Golden Shores Senior Center leading group exercises, running errands, and spending one-on-one time with residents from 2022 to present
- Performed at Henderson High School's Yoga-Mania in October 2023
- Developed a web series on restorative yoga, www.youtube.com/restoreyouryoga