

## YOGA INSTRUCTOR

### Professional Profile

Enthusiastic and motivated individual with experience in development and integration of wellness programs for adults. Topics of expertise include exercise prescription and instruction, stress reduction, and nutrition education. Desires a role to develop, implement, and facilitate health and wellness programs in a worksite environment.

### Relevant Experience

#### Fitness and Exercise Professional:

- Registered Yoga Teacher focused on adults looking to improve health.
- Group Fitness Instructor since 1999 with focus on improved movement.
- Personal Trainer for 2 years, with emphasis on functional movements for lifestyle and weight loss.
- Program development and delivery for corporate wellness fitness classes.

#### Nutrition Educator:

- Designed and implemented nutrition education seminars for adults.
- Led grocery store tours for education on healthy shopping choices.
- Taught basic nutrient fundamentals, including how to read a food label.
- Developed 8 week challenge with focus on weight loss and wellness.
- College Nutrition Adjunct Teacher for 2 years.

#### Wellness Coach:

- Co-Coordinator for community 8 week weight loss program conducted 3-4 times per year
- Coached individuals as they create healthy behavior changes.
- Provided guidance for clients in the development of and following through with health and wellness goals and objectives.
- Communicated with clients face-to-face, through email, and telephone to provide guidance and motivation.

#### Outdoor Adventure Group Coordinator and Chair:

- Responsible for promoting and leading monthly group outdoor activities such as hiking, paddle boarding, and biking.

### Work Experience

#### Yoga Instructor

January 2015 to Current Company Name - City , State

- Teaching yoga classes for adults with emphasis on functional fitness for lifestyle.
- Established format which includes strength, balance, flexibility, range of motion, and stress reduction.

#### Program Co-coordinator and Coach; Fitness Instructor (Independent)

April 2011 to August 2014 Company Name - City , State

- Co-Coordinated and Coached for "Building Better Bodeez" weight loss/wellness program (BBB).
- Developed, promoted, and implemented "Nutrition Challenge" program.
- Created the Nutrition Connection Office.

- Collaborated with community health and fitness professionals in developing events for community.
- Performed and evaluated fitness assessments and body composition measurements.
- Taught weekly fitness classes (Zumba, Spinning, Yoga, Strength/Toning, Aqua Fitness)
- Collaborated with team of coaches and instructors to provide current and science based fitness and nutrition information for clients
- Led senior specific fitness and nutrition meetings and events "Bodeez Boomers Club"
- Developed and chaired outdoor adventure group.

#### Nutrition and Anatomy Adjunct Instructor

June 2009 to April 2011 Company Name - City , State

- Designed and implemented weekly lesson plans for 25-55 students per session.
- Tailored educational curriculum to students with a range of learning styles, disabilities, strengths, and weaknesses.
- Developed, administered and corrected tests and quizzes in a timely manner.
- Produced and maintained syllabus, lessons, and grades utilizing web-based learning management.
- Attended quarterly education meetings for faculty.

#### Group Fitness Instructor/ Personal Trainer

October 1999 to April 2010 Company Name - City , State

- Teach weekly group fitness classes, which included Spinning, Yoga, and Zumba.
- Perform assessments and personal train new members to use equipment.

#### Spa Manager and Skin Care Specialist

October 1999 to August 2000 Company Name - City , State

##### Education

Certificate : Wellness Coach , 2015 Wellcoaches School of Coaching

Master of Science : Exercise Science and Health Promotion , 2011 California University of Pennsylvania - City , State , USA

Bachelor of Science : Nutrition , 2007 Indiana University of Pennsylvania - City , State , USA

##### Certifications

- Registered Yoga Teacher (RYT200), certified by Yoga Alliance
- Exercise Is Medicine (EIM), credential by the American College of Sports Medicine (ACSM)
- Fitness Instructor (ACE), certified by American Council on Exercise
- Aquatic Fitness Professional (AEA), certified by Aquatic Exercise Association
- CPR/AED/First Aid, certified by American Red Cross
- Life Guard, certified by American Red Cross

#### Publications

- Nutrition Consultant/Contributor, Zumba Lovers Cookbook for Ashley Pound Creative, LLC. Contributed advice and research on healthy ingredients and substitutions for fitness- and weight-conscious readers (2012-2013).
- Peer Reviewer, Pinnacle Training & Consulting Systems "Synergy of Human Movement" course for health and fitness professionals ([www.pinnacle-tcs.com](http://www.pinnacle-tcs.com)) (2012-2013).
- Contributing Writer of wellness-related articles for the "Laurel Mountain Post", a monthly community publication.

#### Skills

- Program development and implementation
- Experienced in research, as it relates to evidence based healthcare practice
- Excellent written and verbal communication skills
- Proficient in MS Word, Excel, Power Point, and Outlook
- Problem solving and analytical skills