

Trade Liscen

YOGATEACHER

3868683442 1515 Pacific Ave, Los Angeles, CA 90291, United States email@email.com

DETAILS

Place of birth

San Antonio

Driving license

Full

LINKS

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SKILLS

Rehabilitation techniques

Safety awareness

Knowledge of specific yoga styles

Performance monitoring

Facility maintenance

LANGUAGES

English

German

PROFILE

Passionate Yoga Teacher with over 4+ years of professional experience designing and leading flow and vinyasa yoga classes. Completed an Advanced 400-Hour Yoga Teacher Training in Indonesia and gained in-depth technical knowledge about breathing techniques, postures, and spiritual elements of Yoga. Excited to share my expertise and passion with clients at Mind&Body Yoga Studio.

EMPLOYMENT HISTORY

Flow and Vinyasa Yoga Instructor at VinYoga Studio, New York

January 2017 — July 2021

Designed yoga class flow sequences and integrated compound lesson plans, including vinyasa and routine formats for beginner and advanced students.

Promoted holistic wellbeing through teaching and consultation.

Demonstrated postures to students and helped them find the right pose.

Assisted students in developing their body, situational and mind awareness, and physical strength and mobility.

Mentored beginner trainees on their yoga path.

Ensured safety and students' comfort during all classes.

Lead and facilitate group meditation sessions and Bikram yoga projects.

Nurtured positive relationships with students and promptly addressed any concerns.

Bikram Yoga Instructor Yoga at Body Studio, New York

January 2015 — December 2019

Shared the principles of Yoga and helped to eradicate any doubts regarding physical and spiritual aspects of the practice.

Planned and taught several Vinyasa-based yoga classes.

Provided a welcoming and safe training space by taking care of ambiance, lighting.

Fragrance and room arrangement.

Demonstrate to students how to safely get into poses and how to breathe correctly.

Controlled student postures to help them avoid any injuries.

Supported the studio's marketing operations.

EDUCATION

Bachelor of Science in Exercise Sciences at Louisiana State

University-Eunice, Port Louis

July 2021 — Present

Yoga Teacher Training at Yoga Alliance- Registered) The Lotus Yoga, Bahula

January 2020 — July 2021

200-Hours

COURSES

Fitness Assessment at National Aquatic Safety Company, (NASCO),

July 2021 — July 2021

ACHIEVEMENTS

Taught over 120+ classes with an average class size of 14.

Received “best new teacher” award from Full Circle studios

200-hour Yoga Alliance registered yoga teacher, certified in children's and prenatal yoga.

Instructed clients on safe and effective exercise techniques while ensuring compliance with nutritional goals; achieved a 70% success rate reaching health goals such as weight loss.

HOBBIES

Skiing, Baseball, OCR