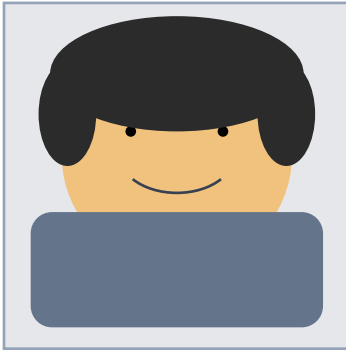


Emily Johnson

Yoga & Pilates Instructor • Haifa, Israel • 7+ years



Email: emily.j@example.com

Phone: +972-52-222-1111

Languages: English

Emily is a yoga & pilates instructor with 7+ years experience. Primary expertise includes Vinyasa, Pilates Reformer, Breathwork. Training philosophy emphasizes safety, progressive overload, and habit-building to deliver measurable results. Comfortable coaching individuals and groups, with programs adapted for beginners through advanced clients.

Core Expertise

- Vinyasa
- Pilates Reformer
- Breathwork

Certifications

- RYT-500
- ACE Group Fitness
- First Aid

Education

- Diploma in Yoga Therapy

Professional Experience

Senior Instructor — Harmony Studio (2020–2025)

- Designed personalized programs, tracked progress, and ensured safe technique.

Yoga Teacher — City Wellness Center (2018–2020)

- Designed personalized programs, tracked progress, and ensured safe technique.

Selected Achievements

- Led 200+ group classes/year
- Developed prenatal yoga series used by 3 studios

Training Approach

Assessment-first approach using movement screens and strength benchmarks. Programs are periodized in 4–12 week blocks with weekly adjustments. Emphasis on technique, recovery, and habit formation. Uses basic analytics (RPE, HR, volume, and adherence) to guide progression.

Availability

Weekdays: 07:00–21:00 • Weekends: 09:00–15:00 • Online & in-person sessions