**NANCY M. DAVIS, E-RYT**

333 Chanticleer Drive

Cherry Hill, NJ 08003

(856-816-1486)

[nancymdav16@verizon.net](mailto:nancymdav16@verizon.net)

**OBJECTIVE:**

My goal is to find employment utilizing my diverse skills that range from the development of innovative programming, coordination of classes, events, seminars and workshops to administration overseeing staff, working in HR and financial management. With my experience working with all ages (from preschool to seniors) as well as adults with developmental disabilities, I feel confident that I can bring excellent resources and organizational skills to your company. I am proud to be an author of a practical advice book, a children’s yoga story and DVD on fitness subjects and to have created a very successful social community of women, building relationships and providing them resources.

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**EXPERIENCE:**

**Coordinator of Mind/Body Programs and Instructor**

**Jewish Federation of Southern New Jersey**, **Cherry Hill, NJ** **Sept 2005-Present**

Create and implement new and innovative programming for the Mind/Body Programs at the Katz JCC, as well as audition and interview potential instructors. I am also responsible for coordinating staff programs and meetings. In addition, I have also designed and taught Yoga to Adults with Developmental Disabilities as well as organizing major fundraising programs for Breast Cancer Awareness and American Heart Association Month.

**Health and Wellness Instructor**

**Cooper Hospital, Camden, NJ Oct 2011-Aug 2012**

Developed and implemented Health and Wellness physical exercise outreach programs for Cooper Hospital Employees. I was also responsible for marketing and advertising of these programs.

**Ripa Center for Women’s Health (subsidiary of Cooper Hospital) Sept 2010- Present**

Developed and implemented Pre Natal Yoga, Baby and Mommy Yoga and Body after Baby exercise programs as well as Core Fusion programs for women of all ages and fitness levels. Using my teaching skills, I instruct the physical component of the Pelvic Health Series and the Pre Diabetes Programs.

**Instructor**

**William G. Rohrer Center for Health Fitness, Voorhees, NJ Sept 2005-Present**

Created and implemented Chair Yoga (one of the most successful classes here), Yoga in the Water and Fibromyalgia Exercise Component that included yoga and Tai Chi. I have also created “Party Heart­ Exercise Component that included yoga and Tai Chi. I have also created “Party Heart­-y”, a closing event for the American Heart Association fundraiser.

**Administrator**

**A & B Insurance Damage Restoration, Inc., Barrington, NJ 1981-2011**

I was directly responsible for clerical staff, all HR matters, payroll administration, and bookkeeping. Additionally, I maintained all insurance records, all certifications and scheduled appointments for the outside staff. I was also responsible to communicate with the insurance professionals from numerous insurance companies.

**EDUCATION:**

* BS in Elementary Education from West Chester State College (now West Chester University) – 1976
* Experienced Registered Yoga Teacher (E-RYT) through Yoga Alliance. This designation allows me to teach adults how to teach yoga – 2005
* Numerous certifications in yoga and Pilates and Senior Health and Wellness

**BOOK, ARTICLE, VIDEO PRODUCTION:**

“You Don’t Have to Be a Yogi to do Yoga”, book published 2012

“You Don’t Have to be a Yogi to do Yoga” DVD produced 201

“Benefits of Exercise During and After Pregnancy” article published March 2012

References available upon request.