

YOGA TEACHER RESUME

by Resume Genius

SUMMARY

Creative Yoga Teacher with 7 years of experience in power and restorative yoga practices. Possess in-depth knowledge about breathing techniques and postures, and a passion for the spiritual elements of yoga teaching. Committed to helping students of all ages and backgrounds unearth their healthiest selves and discover inner peace.

PROFESSIONAL EXPERIENCE

Yoga Teacher

Skanda Yoga Studio, Miami, FL | September 2018–Present

- Personalize yoga class sequences and lesson plans for beginner- to advanced-level students
- Help 125+students develop their physical and mental awareness through meditation sessions, flow yoga projects, and yoga handstands
- Increased attendance by 21% in the first five months of my job placement through teaching interactive exercises, encouraging active participation during sessions, and maintaining a clean studio environment
- Instruct a group of 50 students on how to improve flexibility and step into the right poses by controlling their breathing and range of motion

Fitness Instructor

The Yoga Factory, New York, NY | August 2015–August 2018

- Trained 25–45 participants per week by demonstrating proper use of equipment, monitoring group fitness programs, and teaching correct exercise techniques to prevent injuries
- Created an effective exercise plan based on each student's fitness status and needs
- Managed 5–10 daily classes while performing various administrative duties that included updating, modifying, or canceling membership accounts and processing payments
- Recorded participants' progress over time and adapted each program based on their fitness level by substituting exercises or suggesting more advanced training options

CONTACT

Phone

(786) 256-1414

Email

your.name@gmail.com

LinkedIn

linkedin.com/in/yourname/

EDUCATION

Delta College

Bay City, MI | May 2015

Health Fitness Specialist - AAS
GPA: 3.6/4.0

RELEVANT SKILLS

Microsoft Office

Self-motivation

Adaptability

Safety techniques

Vinyasa

Hatha

Time management

Leadership

Lesson planning

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Ahmed Musa

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The Harvard Medical School Guide to Yoga Marlynn Wei,James E. Groves,2017-06-27 An Easy Accessible Yoga Program for Health Wellness Are you looking for a new health practice to enhance your day to day routines Have you been interested in trying out yoga but are too intimidated by the seemingly fancy and challenging poses The Harvard Medical School Guide to Yoga is your guide to the true healing heart of yoga sharing the techniques that Marlynn Wei and James Groves have used to tremendous success with their clients In this simple science based eight week program you ll learn about the countless benefits of this proven practice including Increased flexibility and balance Greater muscle and bone strength Improved sleep Better stress management and resilience Strengthened immune system Enriched brain health And much more Complete with illustrations dozens of yoga breathing and meditation techniques adaptable sequences and principles of yoga safety The Harvard Medical School Guide to Yoga will guide you to health and wellness Digital Products RaptorDynasty,2025-09-28 Digital Products How to Create Package and Sell Them Profitably is a practical step by step guide to building a profitable online business with digital products You ll discover how to find ideas that sell choose the best format ebooks courses templates memberships and create a minimum viable product fast even without tech skills Learn how to package for premium value set up simple automated funnels and market effectively without feeling salesy With clear action steps templates and checklists after each chapter this book gives you a proven roadmap from your first sale to a scalable sustainable income stream Beginner's Guide to Body Toning Natasha Wolek,2004 Contains a beginner s guide to body toning including tips on nutrition six exercise programs and fully illustrated warm up stretching and toning techniques

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digital tools and platforms are transforming how we create share and experience art design and storytelling This inspiring book explores how creators across disciplines writers artists musicians filmmakers and more are leveraging technology to push boundaries streamline workflows and amplify their impact From AI powered tools that generate ideas to immersive virtual reality experiences that redefine storytelling discover how the digital age is unlocking unprecedented possibilities for innovation Packed with practical tips real world examples and expert insights The Digital Renaissance shows you how to embrace emerging technologies without sacrificing the authenticity of your vision Learn how to use tools like generative AI blockchain and collaborative platforms to elevate your creative process connect with audiences and build sustainable careers in a digital first world Whether you're a seasoned creator or just starting your artistic journey this book will inspire you to rethink what's possible With The Digital Renaissance you'll gain the confidence and knowledge to harness the power of technology unleashing your full creative potential and shaping the future of art and innovation ***Yoga*** Daren Callahan,2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master's theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest ***Jeff Herman's Guide to Book Publishers, Editors & Literary Agents*** 2007 Jeff Herman,2006-12 Presents a guide to the names and specialities of American and Canadian publishers editors and literary agents including information on the acquisition process and on choosing literary agents ***Yoga Journal*** ,1986-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty ***Yoga Journal*** ,1977-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty ***CD-ROMs in Print*** ,2002 ***Complete Guide to Sports Injuries*** Henry Winter Griffith,1986 This newly revised and updated edition of the classic authoritative guide features information on almost 200 athletic and exercise injuries 75 of the common illnesses that often affect athletes and an illustrated section on rehabilitation ***Introduction to Yoga*** Richard L. Hittleman,1969 ***Small Press Record of Books in Print*** Len Fulton,1993 ***Scientific American*** ,1886 Monthly magazine devoted to topics of general scientific interest ***Yoga and***

Psychotherapy Swami Rama, Rudolph Ballentine, Swami Ajaya, 1976 Provides and in depth analysis of Western and Eastern models of the mind and their differing perspectives **Whole Earth** ,1997 **Natural History** ,1978 **Friends Journal** ,2000 **Travel, Incorporating Holiday** ,1978 Bowker's Complete Video Directory, 1998 ,1998

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