DONNA STROUPE



**Y O G A T E A C H E R**

**Contact Details**

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**Activities**

* Organised "Community Yoga Drive" to increase awareness about breathing techniques, May 2018.
* Developed a website on my yoga techniques and practices: www.yogaandyou.com

**Professional Skills**

* Breathing techniques
* Adaptability
* Stress management
* Creativity
* Self-motivation
* CPR and first aid
* Ayurveda
* Mentoring
* Communication and Interpersonal Skills
* Time management

**Professional Summary**

Passionate Yoga teacher for 4+years, professionally experienced in designing and conducting **Ashtanga and Vinyassa Yoga classes.** Completed the Advanced 400 hours Yoga Teacher Training Program in Varanasi, India. Got extensive training in asanas, breathing techniques, Ayurveda and the spiritual concepts associated with Yoga. Enthusiastic about sharing my knowledge and practices with the learners at ( Mention the Yoga Studio).

**Work Experience**

**Ashtanga and Vinyasa Yoga Instructor**

XYZ Yoga House, New York

Jan 2016 – Present

* Assisted holistic wellbeing of learners through teaching and consultation.
* Personalised lesson plans and modules yoga class sequences for learners. Created separate courses for beginner and advanced Yoga students.
* Demonstrated the correct postures and aided students in realising the techniques for practising them.
* Created a safe atmosphere for the learners to develop their physical stamina, body awareness and mental health.
* Mentored yoga trainees aiming to be future yoga instructors.
* Conducted group meditation sessions as part of yoga classes.
* Addressed students' concerns and developed positive relationships with them.

**Key Achievement**

* Organised a 200-hour yoga teacher training program to share knowledge and expertise with aspiring yoga teachers.

**Ashtanga and Vinyasa Yoga Instructor**

XYZ Yoga House, New York

Jan 2014 – Jan 2016

* Planned and instructed yoga classes for Ashtanga and Vinyasa.
* Trained students on correct yoga postures and breathing practices.
* Shared the wisdom of yoga and resolved doubts regarding physical and spiritual aspects of the practice.
* Guided students on avoiding any injury during yoga sessions.
* Carried out trial classes to assist in marketing operations.

**Key Achievement**

* Increased enrollment by 20 % and attendance by 40% in 4 months of working in the Yoga Studio.