

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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Embracing the Beat of Term: An Mental Symphony within **Yoga For Beginners Resume Template Today**

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