

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

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Email

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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

Resume Template Yoga For Beginners 2025

SA Dillow



Resume Template Yoga For Beginners 2025:

How Yoga Can Change Your Life Bea Burk,2025-04-28 In a world characterized by hectic activity and stress the pursuit of inner peace and personal growth is becoming increasingly important This book offers a solid introduction to the world of yoga and shows how this centuries old practice not only strengthens the physical body but also enriches the mind and spirit It is specifically aimed at beginners who are looking for ways to reduce stress improve their health and lead a more fulfilling life This guide covers fundamental aspects of yoga including the various styles basic asanas breathing techniques pranayama and meditation methods With clear instructions and practical tips it enables readers to understand the principles of yoga and incorporate them into their daily lives It also explores the historical development of yoga and its increasing popularity in the West supported by scientific findings on the positive effects of regular yoga practice on physical health and emotional well being *Best of the Best in the U.S.* Chicago Review Press, Incorporated,1984 *LexisNexis Corporate Affiliations* ,2004

Forthcoming Books Rose Arny,1996-06 **Books in Print Supplement** ,2002 *Paperbound Books in Print* ,1983

A Bibliography of Electrical Recordings in the CNS and Related Literature ,1974 **Who's who in**

Entertainment ,1992 Know Thy Roots Dr T. P. Deshpande,2025-06-01 In this thought provoking work Dr T P Deshpande explores the Vedic concept of the universe presenting it not as an effect but as an eternal manifestation of God where the Creator and Creation are one He introduces the Form Relation doctrine of Poornavad propounded by Dr Parnerkar bridging ancient wisdom and modern science and reveals how the Vedas describe the inseparable unity of knowledge divinity and materiality Know Thy Roots uncovers the misunderstood Vedanta concepts of Vidya Avidya Moksha and Maya by presenting the holistic teachings of the Vedas and the Upanishads These ancient texts provide a profound understanding of the Universe transcending conventional scientific and philosophical views *National Union Catalog* , Includes entries for maps and atlases *Health Science Books, 1876-1982* ,1982 **Friends Journal** ,2001 Bowker's Complete Video Directory, 1998

,1998 *National Union Catalog, 1980* ,1981 **Subject Catalog** Library of Congress,1965 PASCAL explore ,1986

Catalogue Warburg Institute. Library,1967 **SRDS Consumer Magazine Advertising Source** ,1997-02 **AB**

Bookman's Weekly ,1986 **The Bookseller** ,1973-04

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