

## YOGA INSTRUCTOR

### Summary

Creative, warm professional with exceptional people skills and a strong ability to build relationships. A Dedicated supporter of team, A driven to accomplish team and individual goals. A Possess the qualities required for building a strong, satisfied employee base.

### Highlights

- Enthusiastic
- Warm
- Engaging
- Problem solver
- Accountable
- Networking
- Relationship building
- Teaching and presentation
- Negotiation
- Love for community and what it has to offer

### Education

Master in Teaching 2010 Heritage University i¼ City , State A K-8 Endorsement

Bachelor of Arts , Law and Justice 1996 Central Washington University i¼ City , State

Major: Law and Justice/paralegal studies

Minor: Psychology

### Experience

YOGA INSTRUCTOR Aug 2012 to Current

Company Name i¼ City , State

- Teach movement and principles of yoga
- Guide students through a variety of postures
- Promote physical, mental and spiritual wellness
- Demonstrate relaxation and breathing techniques

FIRST GRADE TEACHER Aug 2010 to Current

Company Name i¼ City , State

- Manage a classroom of 20-27 students daily
- Plan and implement lessons based on common core standards
- Utilize a variety of instructional strategies to incorporate all student learning styles and differentiate lessons accordingly
- Maintain and utilize student data in a variety of programs to assess learning, and modify lessons to create meaningful, authentic education
- Collaborate with team members and staff to create and implement curriculum based on common core standards
- Communicate student A progress to parents/guardians

FITNESS AND WELLNESS COORDINATOR Feb 2009 to Dec 2009

Company Name i¼ City , State

- Developed and facilitated diversified fitness programs campus wide
- Wrote monthly fitness and nutrition A newsletter
- Instructed a variety of daily fitness classes

FITNESS INSTRUCTOR Oct 2007 to Dec 2010

Company Name i¼ City , State

- Developed and facilitated fun, safe and effective group exercise programs for senior citizens off site to stimulate mind and body A
- Motivated students to strive for physical wellness while accommodating diverse fitness levels and special needs

### Work History

Police Services Specialist II Jan 1997 to Mar 2004

Company Name i¼ City , State

### Skills

- Communication
- Customer Service
- Computer Proficient
- Needs Assessment
- Organization
- Research
- Writing/Editing