Julie Bridges, Yoga Teacher

1515 PACIFIC AVE, LOS ANGELES, CA 90291, UNITED STATES · email@email.com · 3868683442

PROFILE

Passionate Yoga Teacher with over 4+ years of professional experience designing and leading flow and vinyasa yoga classes. Completed an Advanced 400-Hour Yoga Teacher Training in Indonesia and gained in-depth technical knowledge about breathing techniques, postures, and spiritual elements of Yoga. Excited to share my expertise and passion with clients at Mind&Body Yoga Studio.

EMPLOYMENT HISTORY

Flow and Vinyasa Yoga Instructor, VinYoga Studio

Jan 2017 — Jul 2021, New York

Designed yoga class flow sequences and integrated compound lesson plans, including vinyasa and routine formats for beginner and advanced students.

- Promoted holistic wellbeing through teaching and consultation.
- Demonstrated postures to students and helped them find the right pose.
- Assisted students in developing their body, situational and mind awareness, and physical strength and mobility.
- Mentored beginner trainees on their yoga path.
- Ensured safety and students' comfort during all classes.
- Lead and facilitate group meditation sessions and Bikram yoga projects.
- Nurtured positive relationships with students and promptly addressed any concerns.

Bikram Yoga Instructor Yoga , Body Studio

Jan 2015 — Dec 2019, New York

Shared the principles of Yoga and helped to eradicate any doubts regarding physical and spiritual aspects of the practice.

- Planned and taught several Vinyasa-based yoga classes.
- Provided a welcoming and safe training space by taking care of ambiance, lighting. Fragrance and room arrangement.
- Demonstrate to students how to safely get into poses and how to breathe correctly.
- Controlled student postures to help them avoid any injuries.
- Supported the studio's marketing operations.

EDUCATION

Louisiana State University-Eunice, Bachelor of Science in Exercise Sciences

Jul 2021 — Present, Port Louis

Yoga Alliance- Registered) The Lotus Yoga, Yoga Teacher Training

Jan 2020 — Jul 2021, Bahula

- 200-Hours

DETAILS

PLACE OF BIRTH

San Antonio

DRIVING LICENSE

Full

LINKS

LinkedIn

Pinterest

Resume Viking Templates

Build this template

SKILLS

- Rehabilitation techniques
- Safety awareness
- Knowledge of specific yoga styles
- Performance monitoring
- Facility maintenance

HOBBIES

Skiing, Baseball, OCR

LANGUAGES

- English
- German

COURSES

Fitness Assessment, National Aquatic Safety Company, (NASCO),

Jul 2021 — Jul 2021

ACHIEVEMENTS

- Taught over 120+ classes with an average class size of 14.
- Received “best new teacher” award from Full Circle studios
- 200-hour Yoga Alliance registered yoga teacher, certified in children's and prenatal yoga.
- Instructed clients on safe and effective exercise techniques while ensuring compliance with nutritional goals; achieved a 70% success rate reaching health goals such as weight loss.