



# Julie Bridges

YOGA TEACHER

3868683442 ◦ 1515 Pacific Ave, Los Angeles, CA 90291, United States ◦ email@email.com

## DETAILS

Place of birth  
San Antonio

Driving license  
Full

## 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.*

## LINKS

[LinkedIn](#)

[Pinterest](#)

[Resume Viking Templates](#)

[Build this template](#)

## EMPLOYMENT HISTORY

### Flow and Vinyasa Yoga Instructor at VinYoga Studio, New York

January 2017 — July 2021

*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.

## SKILLS

Rehabilitation techniques

Safety awareness

Knowledge of specific yoga styles

Performance monitoring

Facility maintenance

### Bikram Yoga Instructor Yoga at Body Studio, New York

January 2015 — December 2019

*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.

## LANGUAGES

English

German

## EDUCATION

---

**Bachelor of Science in Exercise Sciences at Louisiana State University—Eunice, Port Louis**

July 2021 — Present

**Yoga Teacher Training at Yoga Alliance-Registered) The Lotus Yoga, Bahula**

January 2020 — July 2021

- 200-Hours

## COURSES

---

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

July 2021 — July 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.

## HOBBIES

---

Skiing, Baseball, OCR