

# KIMMA STARK

Yoga Instructor &  
Thai Massage Practitioner



## CONTACT



+351 927 606 839



info@flowinglotus.com



www.flowinglotus.com



facebook.com/FlowingLotusYoga



www.yogatrail.com/teacher/  
kimma-stark-85468

## SUMMARY

Personalized private, corporate, and small group yoga instruction for beginner and experienced yogis that focuses on proper alignment suited to the individual. Also offering Thai Yoga Massage in your home, office, or studio locations.

## SERVICES OFFERED

- Private and small group Yoga
- Public Yoga classes
- Thai Massage Bodywork
- Yoga Workshops
- Relaxation & restoration retreats
- Workshop coordination & management
- Studio management services
- Virtual assistant & social media management

## EXPERIENCE

Owner

JUL 2009 – PRESENT

Flowing Lotus, LLC.

Provide eMarketing consulting and virtual assistant services to small business and individuals looking to improve their online marketing efforts and insure integration with all offline marketing materials. It is my belief that professional quality eMarketing services should be available to all businesses and individuals regardless of size.

Current Client: Melissa Smith Yoga

Yoga Instructor

SEP 2009 – PRESENT

Hatha, Vinyasa, Restorative, Adapted, Yin, Youth & Senior

Provider of all levels yoga instruction to adults, children, and groups in private, studio, and corporate settings. My classes help students of all levels develop and deepen their yogic skills and connect positively with their body, spirit, and the world at large.

Studios taught at include:

- Lotus Yoga, Montclair and Newark NJ locations
- Karuna Shala, Glen Ridge, NJ
- South Mountain Yoga, South Orange, NJ
- BeEvolution, Montclair, NJ
- TYT Studios, Nutley, NJ
- Newark NJ YMCA, Downtown and Uptown locations
- Cassa Vinyasa, Edgewater, NJ
- The Yoga Tree, Chiang Mai, Thailand
- Namo, Chiang Mai, Thailand
- Newark Yoga Movement, Non-Profit Organization based in Newark, NJ

## CERTIFICATIONS

Melissa Smith Yoga, Koh Samui, Thailand

NOV – DEC 2015

Restorative Yoga Therapy Continuing Education

Structural Energy Awakening, Chiang Mai, Thailand

AUG 2015/JAN 2016

SEA Foundations Course, Therapeutic Bodywork

Grounded Kids Yoga

FEB 2014

Get Grounded In Children's Yoga 22-hour training

Nerve-Touch Massage with Jack Chaiya, Chiang Mai, Thailand

FEB 2013

Advanced Nerve-Touch Massage I

Traditional Thai Massage & Yoga, "Loi Kroh", Chiang Mai, Thailand

FEB 2013

Ruesri Dat Ton 1 (Thai Yoga)

Traditional Thai Massage & Yoga, "Loi Kroh", Chiang Mai, Thailand

FEB 2013

Advanced Traditional Thai Massage

Shivagakomarpaj, The Old Medicine Hospital, Chiang Mai, Thailand

FEB 2013

Basic of Thai Massage

The Yoga Life Society

JAN 2012

Triaxial Yoga Teacher Training

Triple Gem School of Thai Massage, North Adams, Massachusetts

MAY 2011

Foundations of Thai Yoga Massage

The Yoga Studies Institute

APR 2010

Tibetan Heart Yoga, Series 1: The Heart Chakra Series

Lotus Yoga, Montclair, New Jersey

SEP 2009 – MAY 2010

300 Hour Yoga Alliance Certified Training

Frog Lotus Yoga, North Adams, Massachusetts

AUG – SEP 2009

200 Hour Yoga Alliance Certified Training

Ithaca College, Ithaca, New York

1989 – 1994

English major, Art History minor