**YOGA EXPERIENCE**

**YOGA INSTRUCTOR**

**Yoga in the City, Wagga Wagga, Australia,** August 2014 – October 2014

Summer sub for Hot Yoga studio in vacation destination. Taught Warm Vinyasa, Yin, and Hot classes.

**Yoga Studio, Singapore, Singapore,** January 2014- August 2014

Yoga and health program manager. Manage administration of yoga staff, design and develop holistic

health and yoga programs. Teach 19 hours per week. Alignment, Power, Restorative, Vinyasa.

**Melbourne, Australia,** 2013

Organized community classes in the recreation center for students at a variety of levels. Primary styles include Vinyasa Flow, Power Vinyasa and Restorative.

**Riyadh, Saudi Arabia,** 2012

Organized weekly community classes for beginner to intermediate level students. Also organized monthly full moon yoga trips into the desert. Primary styles were Vinyasa Flow and Power Vinyasa.

**Boston & Newport, RI,** 2011 – 2012

Organized and led community classes for groups of students. Taught Vinyasa Flow classes to beginner

and intermediate students.

**YOGA CERTIFICATION**

**POWER VINYASA**~ 200 Hour Teacher Training 2011

**YOGA TRAINING**

Christina Sell- Advance Teacher Training (50 Hours) 2013

Noah Maze- Classroom Observation, Teaching Advanced Postures (100 Hours) 2013

Registered Yoga Teacher (200 Hour Certification) with Yoga Alliance Since 2011

**OTHER WORK EXPERIENCE & EDUCATION**

ENGLISH LECTURER 2012-2013

University of Ha’il, *Ha’il, Saudi Arabia*

BACHELOR OF ARTS IN SPEECH COMMUNICATION 2007

University of Georgia Athens, GA

MASTER OF ARTS IN INTERNATIONAL HUMAN RIGHTS LAW 2013

American University in Cairo Cairo, Egypt

CERTIFIED HOLISTIC HEALTH COACH 2013

Integrative Institute for Nutrition New York, New York