

Robert Smith

Certified Yoga Instructor

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SUMMARY

An experienced and detail-oriented professional that is driven by helping and supporting others and thrives when part of an organization that embodies the same views.

SKILLS

Microsoft Office, Technical Plan Execution, Fast Learner, Detail-Oriented, Organized, Communication, Multilingual, Team Player.

WORK EXPERIENCE

Certified Yoga Instructor

Self Employed - June 2012 - July 2018

- Sequenced and taught weekly spin classes.
- Choreographed challenging rides that included hills, sprints, Tabata drills, intervals, pace drills, and other exercise drills to energetic and motivating music.
- Always ensured the safety of students before starting the ride and encouraged them the challenge themselves but listen to their bodies and make modifications or back off when needed.
- Built Yoga program from the ground up, beginning with only two students and ending with twenty regulars each week.
- Developed classes that were accessible to students of all levels from beginner to advanced and cultivated an atmosphere of acceptance and non-judgment so that anyone who came could reap the benefits of slowing down and listening to their body and breath.
- Included elements of meditation, pranayama, yin, vinyasa, and power yoga in classes to create a unique and well-rounded experience for students each week.
- Invented and adapted yoga flows, postures, and sequences for a first-rate hot yoga studio.

Certified Yoga Instructor

Delta Corporation - 2007 - 2012

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EDUCATION

Bachelor's/arts (special edu and elementary edu) - (bellarmine university)