TAYLOR FOSTER

Experienced Yoga Instructor

@ mrodriguez@email.com Big Sur, California



SUMMARY

Experienced Yoga Instructor with a background in intuitive healing and alternative healing practices. Passionate about providing unique, healing and relaxing yoga sessions to guests, and committed to maintaining a world-class guest experience.

EXPERIENCE

Private Yoga Instructor
Ongoing

Self-employed
Location

Provided personalized yoga sessions for individual clients resulting in improved flexibility, posture, and stress reduction.

- Designed personalized yoga routines to meet individual clients' needs and goals.
- Demonstrated and coached proper techniques and postures to help clients achieve maximum benefits from each session.
- Received consistent 5-star ratings and positive feedback from clients.

Yoga Instructor
Date period

Serenity Spa
Santa Barbara, California

Provided daily yoga sessions for spa guests resulting in improved overall wellness and satisfaction.

- Developed and conducted various styles of yoga classes, including Hatha and Vinyasa.
- Provided modifications and adjustments to ensure safety and comfort of participants.
- Increased customer satisfaction rating by 20% within the first three months of employment.

Yoga Instructor
Date period

Greenwood Retreat Center
Mendocino, California

Led retreat center guests through daily yoga sessions and assisted with other wellness activities.

- Created and led morning and evening yoga sessions for retreat center guests.
- Assisted with other wellness activities, including guided meditations and nature hikes.
- Received positive feedback and appreciation from guests resulting in repeat visits and referrals.

EDUCATION

200-Hour Yoga Teacher Training
Date period

YogaWorks
Los Angeles, California

LANGUAGES

English — Native ●●●●●

Spanish — Advanced ●●●○○

STRENGTHS

Effective Communication
Ability to communicate complex ideas effectively to all levels of students.

Adaptability
Able to adjust to changing class needs, styles, and levels.

Attention to Detail
Thorough and meticulous in class planning, execution and documentation.

Result-oriented
Proven track record of increasing student satisfaction and retention through results-driven teaching methods.

SKILLS

Hatha Yoga · Vinyasa Yoga · Restorative Yoga · Meditation · Breathing Techniques · Private Session Planning · Group Class Management · Yoga Philosophy and Ethics

ACHIEVEMENTS

Yoga Retreat Success
Organized and executed a week-long yoga retreat in Costa Rica for 20 students with rave reviews.

AWARDS

Best Yoga Instructor
Voted as the best yoga instructor at XYZ Yoga Studio in 2019

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