

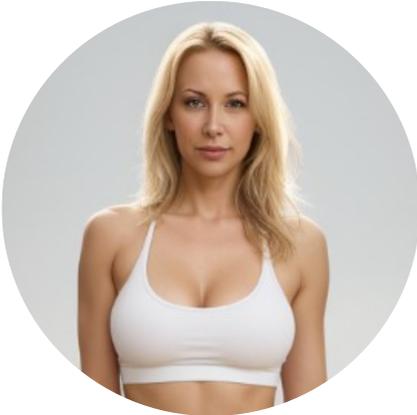
# EMMA DAWSON

Yoga Studio Instructor

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San Diego, CA



## PROFESSIONAL SUMMARY

Certified yoga instructor with over 9 years of experience teaching Vinyasa and Hatha yoga at studio settings. Passionate about fostering a welcoming environment for students of all levels, emphasizing alignment, mindfulness, and breath control. Skilled in sequencing, hands-on adjustments, and leading wellness workshops.

LinkedIn

## EDUCATION

### RYT-500 Certified

Yoga Alliance

### Advanced Anatomy & Alignment Course

California Yoga Institute (2021)

### Bachelor's in Health and Wellness, University of Southern California

2015

## Workshops & Retreats

- Led a three-day yoga retreat in Big Sur, CA, focusing on mindfulness and nature-based meditation (2022).
- Hosted a monthly yoga and wellness workshop on breath control and stress reduction.
- Guest instructor at the Los Angeles Yoga & Wellness Expo on deep stretching techniques.

## SKILLS

- Class sequencing & progression Expert
- Adjustments & modifications Expert

## EXPERIENCE

2018 - Now

### Lead Yoga Instructor

#### Sunrise Flow Yoga Studio / San Diego, CA

- Teach five weekly Vinyasa and Hatha classes for beginner to advanced students.
- Design customized sequences to enhance flexibility, strength, and relaxation.
- Provide hands-on adjustments to improve posture and prevent injury.
- Organize monthly mindfulness and breathwork workshops for studio members.
- Train and mentor junior instructors to maintain studio teaching standards.

2016 - 2018

### Yoga Instructor

#### Ocean Breeze Yoga / Santa Monica, CA

- Led group and private sessions focused on deep stretching and meditation.
- Developed personalized sequences for clients with injuries or mobility issues.
- Created a supportive atmosphere that encouraged student growth and confidence.

## COMMUNITY INVOLVEMENT

- Volunteer yoga instructor at San Diego Women's Wellness Center, teaching restorative yoga for trauma survivors.
- Organized a free outdoor yoga series at Balboa Park, attracting over 50 participants per session.

- Meditation & mindfulness training Expert
- Workshop facilitation Expert
- Student engagement & motivation Expert