

Brian Bennett

Yoga Teacher

CONTACT

(303) 555-9184

brian.bennett@email.com

Denver, CO

EDUCATION

RYT-200 Certified

Yoga Alliance (2025)

Introduction to Meditation Course

Colorado Yoga Collective (2024)

Bachelor's in Psychology

University of Colorado Boulder (2024)

LINKS

linkedin.com/in/brianbennett

LANGUAGES

- English - Native
- Spanish - Conversational

PROFESSIONAL SUMMARY

Dedicated and newly certified yoga teacher eager to bring mindfulness, flexibility, and balance into students' lives. Passionate about fostering a welcoming environment and helping individuals build confidence in their practice. Seeking an opportunity to gain hands-on experience at a supportive studio or wellness center.

EXPERIENCE

Yoga Teacher Assistant (Internship)

2025 - 2025

Mountain Soul Yoga, Boulder, CO

- Assisted senior instructors in leading beginner-level yoga sessions.
- Helped with class setup, including mats, props, and ambiance preparation.
- Provided gentle cues and adjustments under instructor supervision.
- Engaged with students to answer questions and offer encouragement.

Volunteer Yoga Instructor

2024 - 2024

Denver Community Wellness Center, Denver, CO

- Led free weekly yoga sessions for community members of all ages.
- Focused on foundational poses, breath control, and relaxation techniques.
- Adapted sequences for students with varying flexibility and experience levels.

SKILLS

Foundational yoga instruction



Student encouragement & support



Breathwork & relaxation techniques



Class preparation & organization



Adaptability & inclusive teaching



COURSES

Yoga for Beginners Training

Specialized in teaching students new to yoga.

Breathwork & Stress Management

Developed techniques to enhance mindfulness in practice.