

Shannon Young

Yoga Practitioner

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Objective:

Looking for opportunities as a Yoga instructor in any reputed Yoga centre or institute where I can give my best teaching service, and can prove the importance of Yoga. I want to apply my knowledge and energy to diverse classes. and students.

Yoga Educational Background:

April 2011- The Yoga Conference
Toronto, Ontario

October 2011- Rainbow Kids Yoga Teacher Certification
Miami, Florida

December 2011- Yoga By The Sea Teacher Certification
200HR Playa Del Carmen, Mexico

March 2012- The Yoga Conference
Toronto, Ontario

November 2014- Rainbow Kids Yoga Teacher Continued
Education Certification
San Diego, California

April 2017- The Yoga Conference
Toronto, Ontario

Yoga Knowledge:

Adult Yoga, Kids Yoga, Mommy And Me, Dog Yoga (DOGA), Essential Oils Sensory Yoga, Yin Yang Yoga, Hatha Yoga, Vinyasa Yoga, Meditation and Mindfulness, Digestion With Yoga, Yoga For Runners, Yoga for Ju-Jitsu, Spirit Speak-Bringing Spirituality Into Class, Emotional Balancing Act - (Depression,PTSD,ADD,ADHD,Anxiety and Trauma)

Work Experience:

2011- Present
Yoga Teacher at Mars Group Performance Training
Mississauga, Ontario

2012- Present
To Bloom Yoga Teacher
Kids Yoga
Toronto, Ontario

2014- Present
Doga Teacher at Pawsway, Kamp-K9 and Woofstock
Toronto, Ontario



Yoga Certifications:

RYT 200hr+ with Yoga Alliance

Rainbow Kids Yoga Teacher

Yoga Highlights of Qualifications:

- Strong interpersonal skills
- Strong writing and speaking skills
- Excellent organizational skills
- Self-starter and quick thinker
- Excellent teacher skills
- Time management skills
- Wide variety of knowledge for specialty classes

References:

Available on Request.