



EDUCATION

2014 – 2018 **University of Arizona**
Bachelor of Fine Arts
Emphasis in Graphic Design
Summa Cum Laude

CERTIFICATIONS

Summer 2019 **100-hour Mentorship**
Pure Yoga
I was mentored by Andrea Borrero during this 100-hour personalized training where I focused on refining my hands-on adjustments, sequencing, and voice as a teacher. I assisted her classes, workshopped poses & taught a community class once a week that she regularly shadowed to provide comprehensive feedback.

Sep. 2018 **50-hour Fly Training**
Laughing Lotus
I was instructed by Sheri Celentano, Dana Flynn and Kenny Frisby in Laughing Lotus' unique Fly training. They provided the necessary tools to safely teach advanced inversions and arm balances.

Aug. 2015 **200-Hour**
Teacher Training
Pure Yoga West
I studied under Kay Kay Clivio, Adam Vitolo and Yogi Charu in Pure yoga's month intensive 200-hour teacher training. They passed down their wisdom on alignment, meditation, and philosophy in this comprehensive program; included a Yoga Tune Up anatomy portion.

Aug. 2015 **Yoga Tune Up**
Pure Yoga West
25 hour anatomy training as a part of Pure Yoga's 200-hour teacher training.

Aug. 2017 **CPR/AED & First**
Aid Training
American Red Cross

EXPERIENCE

Sep. 14, 2019 **Alo Yoga**
Yoga for Skaters Class
Taught a signature flow class for the grand opening of Alo Yoga's Williamsburg location targeting skateboarders in the community. Ongoing discussions about upcoming classes.

May – July 2019 **Pure Yoga**
Hot Power Yoga, Community Class
Taught a hot power yoga class on Saturdays at 1pm at Pure Yoga East as part of my 100-hour mentorship.

May 19, 2019
June 2, 2019 **Vans x Quell**
Yoga for Skaters Class
Taught 2 group yoga classes at the General by Vans in Williamsburg for the women's skateboard brand, Quell.

Oct. 2016 – May 2018 **University of Arizona**
Recreation Center
Group Fitness Instructor
Taught group classes 2–3 times a week, at the fitness center on campus. Class formats included: Indoor/Outdoor Vinyasa, Power & Paddle Board Yoga.

Oct. 2015 – May 2018 **4th Avenue Yoga**
Yoga Instructor
Taught group classes 1–4 times a week, at a local studio in downtown Tucson, Arizona. Class formats included: Vinyasa, Hot Vinyasa & Hatha Yoga.

ATHLETIC ACHIEVEMENTS

2012 – 2014 **All State, All**
Around Gymnast
New Jersey
2X Skyland Conference Champion, 4X State Qualifier, Varisty team co-captain

2003 – 2014 **USAG Gymnast**
Reached Level 10
Level 5 State Champion, Level 7, 8 & 9 Regional Qualifier, Level 10 Competitor