



CONTACT

steph-reid.com
stephreid3@gmail.com
908.310.2375

EDUCATION

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

CERTIFICATIONS

100-hr Mentorship, Pure Yoga
Summer 2019 | New York, NY
Mentored by Andrea Borrero during this 100-hr personalized training. Focused on refining hands-on adjustments, sequencing, and developing my voice as a teacher. Assisted classes, workshoped poses & taught a community class once a week, which was regularly shadowed to provide comprehensive feedback.

50-hr Training, Laughing Lotus
September 2018 | New York, NY
Instructed by Sheri Celentano, Dana Flynn and Kenny Frisby in Laughing Lotus' unique Fly training. Provided the necessary tools to safely teach advanced inversions and arm balances to students of all levels.

200-Hr Training, Pure Yoga
August 2015 | New York, NY
Studied under Kay Kay Clivio, Adam Vitolo and Yogi Charu in Pure Yoga's month intensive 200-hr training. They passed down their wisdom on alignment, meditation, and philosophy in this comprehensive program; included a 25-hr Yoga Tune Up anatomy portion.

CPR/AED & First Aid Training,
American Red Cross | Tucson, AZ
August 2017

WORK EXPERIENCE

Quell Skate, Yoga Instructor
May 2019 – Present | New York, NY
Teaches in person & online yoga for skaters classes for the skateboard brand, Quell. Designs sequences that specifically target the muscles that skaters overuse the most.

KCDC Skateshop, Yoga Instructor
April 2020 | New York, NY
Taught Instagram Live yoga for skaters classes for one of Brooklyn's most trusted skateshops, KCDC, during the global pandemic.

Alo Yoga, Yoga Instructor
September 2019 – Present | New York, NY
Taught the very first signature flow class for the grand opening of Alo Yoga's Williamsburg location. This class format targets skateboarders in the community & is offered regularly twice a month.

Vans, Yoga Instructor
May 19 & June 2, 2019
Taught two group yoga classes at the General by Vans in Williamsburg as part of a series of events in celebration of the skatebrand, Quell's, one year anniversary.

University of Arizona Rec Center, Group Fitness Instructor
October 2016 – May 2018 | Tucson, AZ
Taught group fitness classes two to three times a week at the fitness center on campus for students, faculty & gym members. Class formats included: Indoor/Outdoor Vinyasa, Power & Paddle Board yoga.

4th Avenue Yoga, Yoga Instructor
October 2015 – May 2018 | Tucson, AZ
Taught group yoga classes one to four times a week at a studio in downtown Tucson, Arizona. Class formats included: Vinyasa, Hot Vinyasa & Hatha Yoga.

ATHLETIC ACHIEVEMENTS

All State All Around Gymnast, New Jersey
2014 – 2018
2X Skyland Conference Champion, 4X State Qualifier & Varsity Team Co-Captain.

Scholar Athlete, Hunterdon Central Regional High School
2011 – 2014
Awarded to the varsity athlete with the highest GPA.

Breakout Performer, Hunterdon Central Regional High School
2010
Awarded to the athlete with the best performance in the latter half of the season.

USAG Gymnast, Level 5 – 10
2006 – 2018
Level 5 State Champion, Level 7, 8 & 9 Regional Qualifier & Level 10 Competitor