

Name

Address • Phone • Email • Website • Social Media

EDUCATION: GENERAL

Degree details (if applicable)	Date of Completion
300-hour World Peace Yoga Certification	Date of Completion
Specialty Training details	Date of Completion

EDUCATION: YOGA STUDIES

300-hour CYT, Certified Yoga Teacher

Participated in 300-hour interdisciplinary yoga certification at World Peace Yoga in Cincinnati, Ohio. The training encompassed many aspects of the yoga practice, such as:

- Posture Practice
 - Yoga Basics, Vinyasa Yoga, and Yin-Restorative Yoga
 - Alignment, Props, Modifications, and Accessibility
 - Effective use of demos and posture assists for different body types
 - Yin and Yang Concepts
 - Intro to Prenatal Yoga, Chair Yoga, Visual Yoga, and Kids Yoga
- Physical Anatomy
- Subtle Anatomy and Chakras
- Breathwork
- Meditation
- Yoga Philosophy
 - Yoga Sutras, Eight Limbs of Yoga
 - Yoga and Decolonization
 - Plant-Sourced Living
- Yoga as a Business/Lifestyle

World Peace Yoga Teacher

Being a World Peace Yoga teacher means sharing a class experience (Yoga Basics, Vinyasa, Yin-Restorative, or another format) that embodies teachings that are at the core of yoga, such as:

- Intention: having a sincere intention to connect with your authentic self
- Postures: asanas, the poses that represent our connection to the earth
- Conscious Breathing: the regulation of life force energy through pranayama
- Intuition: connecting with one's innate intelligence or sixth sense
- Compassion: cultivate love for one's self and all beings
- Service: being of service to one's self so one may be of better service to the world
- Meditation: peace of mind

EXPERIENCE

Mentorship: describe what you did as part of your mentorship to gain teaching experience (if applicable)

Other Yoga Teaching Experience

Other Related Experience

ACTIVITIES & SKILLS

List any relevant activities you're involved in or skills

REFERENCES

Anna Ferguson
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