

Sydelle Gutstein

Yoga Instructor

✉ sydelle.gutstein@gmail.com

☎ (510) 323-3042

📍 123 Main St, Fargo, ND 58103

Education

200-hour Yoga Teacher Training Certification at North Dakota Yoga Academy

Sep 2018 - May 2022

Relevant Coursework: Asana practice, yoga philosophy, anatomy and physiology, teaching methodology, alignment principles, pranayama, meditation, yoga ethics, and practicum in teaching yoga.

Links

[linkedin.com/in/sydellegutstein](https://www.linkedin.com/in/sydellegutstein)

Skills

Breathwork

Sequencing

Alignment

Adjustments

Meditation

Anatomy Knowledge

Mindfulness

Languages

English

Japanese

Hobbies

Meditation

Profile

Enthusiastic Yoga Instructor with 1 year of experience delivering personalized and engaging classes to individuals and groups. Skilled in various yoga styles and adept at creating inclusive and supportive environments for all skill levels. Passionate about promoting overall well-being through mindful movement and breathwork. Committed to continuous learning and professional development in the field of yoga and wellness.

Employment History

Yoga Instructor at Yoga for You, ND

Mar 2023 - Present

- Successfully increased client retention rate by 35% over one year by implementing personalized yoga programs and offering tailored feedback to clients at Yoga for You, ND.
- Conducted 20 sold-out yoga workshops in a year, driving a 50% increase in new memberships and boosting overall studio revenue by 25%.
- Trained and mentored 10 aspiring yoga instructors, leading to 100% certification success rate and contributing to the expansion of Yoga for You's class offerings by 40%.
- Established an engaging social media presence for Yoga for You, ND, resulting in a 60% increase in online class bookings and a growth of 5,000 new followers within a year.

Assistant Yoga Instructor at North Dakota Yoga Studio, ND

Jul 2022 - Feb 2023

- Successfully led 5 weekly yoga sessions for over 150 members, resulting in a 20% increase in class attendance and overall member satisfaction at North Dakota Yoga Studio.
- Developed and implemented a tailored 8-week beginner's yoga program for 50 new members, contributing to a 30% growth in membership and fostering a supportive community for newcomers.
- Collaborated with the head yoga instructor to organize and execute a successful weekend yoga retreat for 40 participants, generating \$10,000 in revenue and receiving positive feedback from attendees.

Certificates

Registered Yoga Teacher (RYT)

Sep 2021

Certified Yoga Therapist (CYT)

Mar 2020

Memberships