

Alex Brown

Yoga Therapist



Recommendations

Name

Yoga Student

Contact Information

Name

Yoga Studio Owner

Contact Information

Hard Skills

Restorative yoga

Breath work

Yoga nidra

Meditation

CPR/First Aid certified

Bilingual in English and Spanish

Proficient in Microsoft Office and

Google Workspace

Soft Skills

Communication

Collaboration

Leadership

Teaching yoga

Record documentation

Time management

Organization

📞 111-111-1111

✉ alex@gmail.com

🌐 linkedin.com/in/alexbrown/

Objective

Passionate 46-year-old yoga therapist experienced in restorative yoga, breath work, yoga nidra, meditation, and working with cancer patients. Applying for positions in cancer treatment centers providing yoga therapy to clients one-on-one. Enjoys working with a wide range of clients, especially elderly populations.

Experience

Yoga Instructor

Studio Name | Location | Date

- Taught 3 group yoga classes a week, one for elderly students
- Used chair yoga and adapted asanas for elderly students
- Worked with 200+ students, 50+ aged 65 and older
- Maintained a 75% student retention rate and 4.8/5.0 average rating
- Led 3 retreats per year
- Launched a new walking meditation group to meet students' needs

Medical Coder

Hospital Name | Location | Date

- Coded an average of 59 complex medical records per day
- Held a 98% accuracy rate for medical records
- Fixed coding-related issues that improved accuracy by 27%
- Maintained compliance with company and third-party regulations and guidelines

Education

Breathing Deeply Yoga Therapy

Foundations Yoga Therapy Training

Date

College Name

Degree

Date