



Lindsay
Giedl

YOGA INSTRUCTOR

CONTACT

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WORK EXPERIENCE

2018-present **JOFFREY BALLET SCHOOL
JOFFREY SOUTH/COLORADO**
Administrative Director/Faculty

- Vinyasa Flow, Yin, and Restorative Yoga classes taught to students age ranges 8 - 25

2018 **GOLDEN ISLES MINDFUL MOVEMENT**
Yoga Substitute

- I served as the in-house substitute teacher teaching Vinyasa Flow

EDUCATION/ CERTIFICATION

2021 **MY VINYASA PRACTICE**
Yoga Teacher Training 200 hour
Trauma-Informed Yoga Certification

2020 **CPR AED CERTIFICATION**
American Heart Association

2018 **THE UNIVERSITY OF GEORGIA**
Bachelor of Fine Arts in Dance

CLASSES/ SKILLS

- Vinyasa Flow
- Yin Yoga
- Restorative Yoga
- Stretch Classes
- Ballet, Tap, Jazz, Contemporary, Hip Hop
- Microsoft Office
- Mindbody
- RecTrac
- Band App
- JackRabbit
- Dance Studio Pro