



LINDSAY GIEDL

Yoga Teacher

CERTIFICATIONS

MY VINYASA PRACTICE - 2021
YOGA TEACHER TRAINING 200 HOUR
TRAUMA INFORMED CERTIFICATION

CPR & AED CERTIFICATION - 2020
AMERICAN HEART ASSOCIATION

THE UNIVERSITY OF GEORGIA - 2018
BACHELOR OF FINE ARTS IN DANCE

WORK HISTORY

BALLET HISPÁNICO - NEW YORK, NY
JAN 2024 - PRESENT

- Virtual Vinyasa Flow Classes for their Pa'lante Scholars Program
- Adult Drop-In Programming

ATHENS YOGA COLLECTIVE - ATHENS, GA
2024

- Guest Instructor for Community Based Classes

JOFFREY BALLET SCHOOL - GA, CO, NY, TX
2018 - PRESENT

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

GOLDEN ISLE MINDFUL MOVEMENT - BRUNSWICK, GA
2017 - 2018

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



Lindsay Giedl is a Registered Yoga Teacher (RYT) with Yoga Alliance, which acknowledges the completion of a yoga teacher training with a Registered Yoga School (RYS).

CONTACT

lindsaygiedl@gmail.com
www.lindsaygiedl.com
912-614-0783
[@lindsgiedl](https://www.instagram.com/lindsgiedl)

SPECIALIZATIONS

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

