



Lindsay Giedl

YOGA INSTRUCTOR

CONTACT

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WORK EXPERIENCE

2024 ATHENS YOGA COLLECTIVE Guest Instructor
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