



ANGELA OGLE

Yoga Teacher, E-RYT 200, YACEP.

I am a certified Yoga teacher with a passion for making yoga accessible to every body – as I find it such an amazing experience to see someone feel confident and empowered in their mind and body's abilities on their mat.

Yoga is a beautiful practice for everyone – not just the Asanas, but the philosophy, meditation, and breath work are all part of the experience.

WORK HISTORY

TRAVELING YOGA TEACHER APRIL 2022– PRESENT

- Teaching Yoga and meditation – to include Hatha, Vinyasa, Restorative, Yin and Chair Yoga classes in both group and private settings for resort/retreat guests
- Assisting front desk staff with various administrative tasks and ensuring the guests are comfortable and that they feel seen, heard, and welcome
- Helping with Social media and marketing tasks
- Assisting with 200 and 300 hour Yoga Teacher training courses in Greece and Bali –to include teaching classes, offering hands on adjustments, hostessing, and overall mentoring

YOGA TEACHER | Y6 YOGA STUDIO – GREENWAY YOGA

- Taught 101/Beginner, Slow Flow, Restorative, Vinyasa, and Hot Yoga in studio settings

YOGA TEACHER /ACTIVITIES DIRECTOR

- Taught Chair Yoga and Drum Fit Classes in several 55+ Independent and Assisted Living facilities and Memory Care facilities

YOGA AND MEDITATION FACILITATOR

- Facilitating movement through grief and trauma with the use of yoga, meditation, and breath work at several Grief Retreats and Addiction Recovery centers throughout the US.



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SPECIALIZATIONS

- Beginner Classes
- Teaching classes to those with a variety of abilities (all in one space)
- Older Adults and Children
- Individuals experiencing grief and trauma
- Addiction Recovery
- Chair Yoga

QUALIFICATIONS/EDUCATION

- 200 Hour YTT – Yoga Union 2019
- 200 Hour YTT – Luna Awakening Academy 2023
- 50 Hour YTT – The Art of Adjustments – Yoga Union 2024

5 years+ direct teaching experience

Can furnish letters of recommendation on request.