



Mirela Talbot

RYT-200 Teacher

Yoga instructor with 3 years of experience and 1,340 incident-free teaching hours who built and taught 6 class formats spanning vinyasa, restorative, yin, chair yoga, and beginner alignment for students ages 19 to 76. Skilled in pose modification, breath cueing, anatomy and injury prevention, and yoga props setup for groups of up to 18 students per session.

CONTACT INFORMATION



(931) 555-0118



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Crossville, TN 12345

KEY SKILLS

- Vinyasa Sequencing
- Restorative Yoga
- Pose Modification and Alignment
- Yoga Props
- CPR and First Aid
- Safe Class Pacing
- Anatomy and Injury Prevention
- Class Planning
- Breath Cueing

PROFESSIONAL EXPERIENCE

RYT-200 TEACHER | STONE CREEK YOGA COLLECTIVE, CROSSVILLE, TN
2024 – PRESENT

- Built and taught 6 class formats including vinyasa, gentle flow, restorative, chair yoga, yin, and beginner alignment to serve students from age 19 to 76.
- Accumulated 1,340 incident-free teaching hours by cueing breath-to-movement transitions, monitoring exertion, and wrapping minor strains on the spot.
- Grew studio membership from 43 to 61 active members over 9 months by introducing a Saturday morning beginner series that drew walk-in sign-ups.
- Offered 3 to 4 pose alternatives per sequence so students with knee or shoulder limitations could participate at a safe intensity level.

YOGA TEACHING ASSISTANT | PLATEAU BEND WELLNESS STUDIO, COOKEVILLE, TN
2023 – 2024

- Assisted the lead instructor during 7 classes per week, setting up yoga props for groups of up to 18 students per session.
- Logged 520 incident-free teaching hours while leading warm-up and cool-down segments for beginner and all-levels classes.
- Demonstrated correct use of resistance bands and foam rollers during strength-focused sessions, cutting setup time from 9 to 4 minutes per class.

EDUCATION

B.S. in Exercise Science, Physical Education and Wellness
Tennessee Technological University, Cookeville, TN | 2019 – 2023