



Ifeoma Kendrick

Lead Yoga Instructor

Community-focused yoga instructor with 6 years of experience leading classes, designing workshop curricula, and planning outreach events that have reached hundreds of first-time participants. Generated \$21,870 in revenue from seasonal workshop packages by designing themed series that averaged 74 attendees each. Skilled in anatomy and alignment cueing, breath work techniques, and nutrition and lifestyle coaching, with First Aid/CPR/AED certification.



Vermillion, SD 12345



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KEY SKILLS

- Vinyasa and Hatha Sequencing
- Yoga Props
- Anatomy and Alignment Cueing
- Digital Platforms
- Nutrition and Lifestyle Coaching
- Workshop Curriculum Design
- Community Event Planning
- Breath Work Techniques
- Safe Class Pacing

CERTIFICATIONS

- First Aid/CPR/AED, American Red Cross, 2021

PROFESSIONAL EXPERIENCE

LEAD YOGA INSTRUCTOR | PRAIRIE LOTUS YOGA STUDIO, VERMILLION, SD 2023 – PRESENT

- Led 9 community outreach events over 18 months, partnering with local parks, libraries, and nonprofits to bring yoga to 310 first-time participants.
- Generated \$21,870 in revenue from seasonal workshop packages by designing 4 themed series that averaged 74 attendees each.
- Observed participants during classes and provided corrective alignment cues, reducing reported discomfort by 2 incidents per quarter.
- Provided students with nutrition and lifestyle resources after each workshop, contributing to a 4.7 out of 5.0 post-event feedback score.

YOGA INSTRUCTOR | DAKOTA RIVER WELLNESS CENTER, YANKTON, SD 2021 – 2023

- Taught 6 free outdoor classes each summer at a riverfront park, drawing an average of 38 attendees per session.
- Wrote a take-home practice guide for each 90-minute intensive, handing out about 40 copies per workshop.
- Instructed participants on maintaining safe exertion levels during heated and power classes, keeping heart-rate check-ins under 45 seconds per round.

YOGA INSTRUCTOR | BLUFF CREEK COMMUNITY FITNESS, SIOUX FALLS, SD 2020 – 2021

- Led a 6-week beginner series for 15 students at a community center, with 11 returning for the next session.
- Introduced a first-month pass for new participants, signing up 29 new students over 8 months.
- Guided students through corrective posture drills using yoga props, shortening average warm-up time from 12 to 8 minutes.

EDUCATION

- B.S. in Health Sciences
University of South Dakota, Vermillion, SD | January 2016 – December 2020