



# Emil Garrison

Studio Director

Certified Yoga Therapist with 12 years of experience in adaptive sequencing, pranayama and breath coaching, and instructor training and mentorship across studio settings. Raised client engagement by 45.1% over 14 months by redesigning class sequencing, adjusting music playlists, and adding targeted follow-up check-ins. Mentored 13 instructors on breath-coaching techniques, safe use of yoga props, and exertion monitoring while maintaining client satisfaction ratings above 4.7 out of 5.0 at every position held.

## Location

Brattleboro, VT

## Phone

(802) 555-0132

## Email

emil.garrison@example.com

## Education

University of Vermont, Burlington, VT

2010 - 2014

B.A. Psychology

## Key Skills

- Yoga Therapy Program Design
- Pranayama and Breath Coaching
- Anatomy and Alignment Assessment
- Yoga Props
- Music Playlists
- Digital Platforms
- Instructor Training and Mentorship
- Client Intake and Progress Tracking
- Adaptive Sequencing
- Safe Class Pacing

## Professional Experience

Studio Director, Green River Yoga Collective, Brattleboro, VT

2020 - Present

- Raised client engagement by 45.1% over 14 months by redesigning class sequencing, adjusting music playlists for pacing cues, and adding targeted follow-up check-ins after each session.
- Mentored 7 junior instructors on breath-coaching techniques and safe use of yoga props, bringing their average client satisfaction scores from 4.3 to 4.8 out of 5.0 within 6 months.
- Maintained a studio-wide client satisfaction rating of 4.87 out of 5.0 across 8 consecutive quarterly surveys by planning routines tailored to participants' capabilities and limitations.
- Advised new and returning clients on proper clothing and footwear for heated and restorative sessions, reducing wardrobe-related discomfort reports from 5 to 1 per quarter.

Lead Yoga Instructor, Windham Hills Wellness Center, Wilmington, VT

2017 - 2020

- Mentored 4 newly hired instructors on pranayama cueing and exertion monitoring, cutting their average onboarding period from 6 weeks to 19 days.
- Earned a client satisfaction rating of 4.91 out of 5.0 over 3 years by choosing different movements for each muscle group based on individual assessment notes.
- Taught proper breathing techniques during physically demanding power and flow sequences, keeping average cool-down heart rates below 100 bpm within 3 minutes of class end.
- Planned weekly routines and selected music playlists that matched tempo to movement phases, increasing client engagement by 44.9% across evening class sessions over 10 months.

Yoga Instructor, Battenkill Valley Yoga Studio, Manchester, VT

2014 - 2017

- Achieved a client satisfaction rating of 4.74 out of 5.0 by adapting sequences for participants ranging from age 22 to 81 and providing real-time alignment corrections.
- Mentored 2 apprentice instructors through a 200-hour training program, both of whom completed certification within 11 months.
- Instructed students on proper breathing techniques used during physical exertion, reducing reported dizziness incidents from 4 to 0 per quarter over the first year.

## Certifications

- Certified Yoga Therapist, International Association of Yoga Therapists, 2018