



Obinna Campos

RYT-200 Teacher

Yoga teacher with 6 years of experience leading vinyasa, hatha, and restorative classes while designing personalized flexibility programs that improved client range of motion by 44.8% as measured by sit-and-reach assessments. Holds a Registered Yoga Teacher 200 credential and a BS in Kinesiology, with hands-on expertise in retreat planning, anatomy and alignment cueing, and breath work techniques.

Contact Information



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Richfield, UT 12345

Education

BS in Kinesiology, Exercise Science
Emphasis

Utah State University, Logan, UT |
2016 – 2020

Key Skills

- Vinyasa Sequencing
- Hatha Yoga
- Restorative Yoga
- Anatomy and Alignment Cueing
- Flexibility Assessment
- Yoga Props
- Digital Platforms
- Retreat Planning and Coordination
- Breath Work Techniques
- Program Design

Professional Experience

RYT-200 TEACHER | RED CANYON YOGA AND WELLNESS, RICHFIELD, UT
2023 – PRESENT

- Organized 5 wellness retreats over 2 years, each spanning 3 days and drawing an average of 22 registrants per event.
- Taught 14 weekly classes across vinyasa, hatha, and restorative sequences, adapting intensity based on individual progress notes.
- Designed 8-week personalized flexibility programs that improved client hamstring and hip range of motion by 44.8% as measured by sit-and-reach assessments.
- Monitored participant exertion levels during heated classes, adjusting pacing to keep rest breaks under 90 seconds per round.

YOGA INSTRUCTOR | SEVIER VALLEY FITNESS CENTER, SALINA, UT
2021 – 2023

- Led 11 weekly classes for groups of 8 to 19 students, progressing sequences each quarter to match documented flexibility gains.
- Planned and executed 2 weekend wellness retreats per year, coordinating lodging, meal schedules, and 4 daily practice sessions for up to 18 attendees.
- Tracked client flexibility with monthly assessments, recording an average improvement from 14 to 19 inches on the sit-and-reach test over 16 weeks.
- Maintained an inventory of 130 yoga props, inspecting blocks, straps, and bolsters weekly and replacing 12 items per quarter to meet safety standards.

YOGA INSTRUCTOR | MANTI CREEK WELLNESS STUDIO, MANTI, UT
2020 – 2021

- Taught 7 weekly classes for beginner and intermediate students, building sequences that increased average shoulder flexibility by 43.3% over 10 weeks.
- Explained and enforced safety rules for prop use and studio equipment, reducing minor strain reports from 3 to 1 per quarter.
- Monitored new participants during their first 4 sessions, providing written progress notes and modified poses within 48 hours of each class.

Certifications

- Registered Yoga Teacher 200, Yoga Alliance, 2020