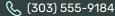
# Brian **Bennett**

Yoga Teacher



#### CONTACT



O Denver, CO



### 🖈 EDUCATION

#### **RYT-200 Certified**

Yoga Alliance (2025)

#### **Introduction to Meditation Course**

Colorado Yoga Collective (2024)

#### **Bachelor's in Psychology**

University of Colorado Boulder (2024)



(in) linkedin.com/in/brianbennett

# LANGUAGES

- English Native
- Spanish Conversational



#### PROFESSIONAL SUMMARY

Dedicated and newly certified yoga teacher eager to bring mindfulness, flexibility, and balance into students' lives. Passionate about fostering a welcoming environment and helping individuals build confidence in their practice. Seeking an opportunity to gain hands-on experience at a supportive studio or wellness center.



#### **EXPERIENCE**

#### Yoga Teacher Assistant (Internship)

2025 - 2025

#### Mountain Soul Yoga, Boulder, CO

- · Assisted senior instructors in leading beginner-level yoga sessions.
- · Helped with class setup, including mats, props, and ambiance preparation.
- · Provided gentle cues and adjustments under instructor supervision.
- · Engaged with students to answer questions and offer encouragement.

## Volunteer Yoga Instructor

2024 - 2024

#### Denver Community Wellness Center, Denver, CO

- · Led free weekly yoga sessions for community members of all ages.
- · Focused on foundational poses, breath control, and relaxation techniques.
- · Adapted sequences for students with varying flexibility and experience levels.

#### **SKILLS**

Foundational yoga instruction	****
Student encouragement & support	****
Breathwork & relaxation techniques	****
Class preparation & organization	****
Adaptability & inclusive teaching	****



#### **COURSES**

#### **Yoga for Beginners Training**

Specialized in teaching students new to yoga.

#### **Breathwork & Stress Management**

Developed techniques to enhance mindfulness in practice.