

# Brian Bennett

Yoga Teacher

## CONTACT

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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)

## LINKS

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.