



CONTACT

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SKILLS

- Form expertise
- Yoga Poses
- Grpup Instruction
- Program Development
- Strong Communication
- Demonstrating exercises
- Leadership
- Body Talk therapy

EDUCATION

RYT Yoga Instructor

Synergy Yoga & Therapy Center
2011 - June

Registered Yoga Alliance Teacher;
Healing through energy and
understanding of mind body
mechanisms.

VALERIE BELLIVEAU

Yoga Teacher

Passionate yoga instructor with 10 years experience leading classes, workshops and retreats and healing circles. Strong ability to build effective relationships with students of all background and skill levels. Hardworking, dedicated and supportive with excellent communication and problem-solving abilities. Well-versed in compliance requirements, safety and customer service management.

RELEVANT EXPERIENCE

Yoga Instructor

Madre Cocoon | Jul 2020 - Present

- Designed yoga classflow sequences and integrated compound lessons plans, including vinyasa and routine formats for beginner and advanced students.
- Assisted students in alignment with adjustments and deep tissue quest to bring an in depth understanding of the practice.
- Lead and facilitated group meditation sessions and sound healing.

Yoga Instructor | Front desk

Synergy | Aug 2011 - July 2018

- Planned and taught several Vinyasa-based Hatha yoga classes.
- Provided a welcoming and safe space by taking care of ambiance, fragrance, and room cleanliness
- Controlled students postures to help them avoid injuries.
- Supported studios marketing operations.