

# Valerie Belliveau



Y o g a T e a c h e r

\* FULLY INSURED \*



## CONTACT

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📍 3754 Shasta St, San Diego CA

## SKILLS

- Group Instruction
- Program Development
- Strong Communication
- Demonstrating Exercises
- Form Expertise
- Yoga Poses
- Leadership
- Body Talk therapy
- Alternative healing modalities such as vocal toning and somatic movement

## EDUCATION

### RYT Yoga Instructor

Synergy Yoga & Therapy Center  
June 2011

### Styles

Restorative, Vinyasa, Hatha, Power,  
Prenatal, Sound & Somatic Healing

Passionate yoga instructor with 10 years experience leading classes, workshops, retreats and healing circles. Strong ability to build effective relationships with students of all backgrounds and skill levels. Healing through energy and understanding of mind body mechanisms.

## RELEVANT EXPERIENCE

### Yoga Instructor

Fitness West | Sept 2023 - Present

- Designed yoga class flow sequences including vinyasa and restorative lessons.
- Lead a laughing and smiling yoga portion with integrated somatic sound healing.
- Assisted students in alignment with adjustments and deep tissue assist to bring an in-depth understanding of the practice.

### Yoga Instructor / Coordinator

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 assist 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 Vinyasa-based Hatha yoga classes.
- Customized classes for smaller group sessions based on their needs and requirements.
- Provided a welcoming and safe space by taking care of ambiance, fragrance, and room cleanliness.
- Adjusted students postures to avoid injuries.
- Supported studio's marketing operations.