

# Dawn Leonard, RYT 200

## *Yoga Teaching Experience*

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### **FREE SPIRITS YOGA**

**Yoga Instructor;** Greensboro, NC

Private studio. Teaching two Alignment-Based classes per week. Max 10 students per class. Includes instruction on asana, pranayama, mantra, and philosophy. Participation in yoga community leadership.

*July 2011 - present*

### **GUILFORD COLLEGE**

**Part-Time Faculty, Yoga Instructor;** Greensboro, NC

Teaching three 1-credit, 75-minute PE classes; 5 classes per week. Max. 20 students per class. Includes instruction on asana, pranayama, and philosophy.

*August 2010 - present*

### **NEW GARDEN YOGA**

**Assistant and Substitute Teacher;** Greensboro, NC

Assist instructor in weekly classes with props, adjustments and demonstration of poses; substitute teach when instructor was not available.

*April - August 2010*

### **GUILFORD COLLEGE**

**Assistant and Substitute Teacher;** Greensboro, NC

Assist instructor in twice-weekly college yoga classes with props, adjustments and demonstration of poses; substitute teach when instructor was not available.

*Fall 2009 semester*

### **TRIAD YOGA INSTITUTE**

**Teacher and Assistant;** Greensboro, NC

Teach weekly 90-minute class to various levels; assist instructor.

*June - December 2008*

### **ZETA PHI BETA SORORITY**

**Workshop Instructor;** Greensboro, NC

Presentation of 1-hour yoga workshop for 9-14 year old girls.

*October 2007*

## *Education & Workshops*

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### **NEW GARDEN YOGA**

**Suzanne Newton; Advanced Yoga Workshops**

27 hours; *January 2010 - present*

### **TRIAD YOGA INSTITUTE**

**500-hr Teacher Training Modules and Intensives**

84 hours; *April 2011 - present*

**Lorraine Kingham; Physiotherapy**

8 hours; *November 2008*

**Aadil Palkhivala; Puna Yoga**

3 hours; *November 2007*

**Bo Forbes; Elemental Yoga**

24 hours; *September 2007 and October 2011*

**Greensboro, North Carolina**

Yoga Alliance 330-hr RYT certification; *2007-2008*

## *Yoga Associations*

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### **YOGA ALLIANCE**

**RYT 200**

Registered since 8/28/2008

## *References*

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### **BOB MALEKOF**

**Guilford College** [rmalekof@guilford.edu](mailto:rmalekof@guilford.edu)

### **SUZANNE NEWTON**

**New Garden Yoga** [suzanne.m.newton@gmail.com](mailto:suzanne.m.newton@gmail.com)

### **TERRY BROWN**

**Triad Yoga Institute** [terry@triadyoga.com](mailto:terry@triadyoga.com)