

Rachel Appleman

SUMMARY

Combining the principles of love and happiness with yoga, I aim to provide students with clear alignment instruction, comforting hands-on adjustments, and an inviting yoga practice with ease, joy, and grace

EXPERIENCE

Self Employed - Backyard Yoga

Melrose, MA • 06/2020 - Current

- Lead backyard yoga classes for groups of up to 20 people
- Delivered knowledgeable instruction in vinyasa, hatha, and yin yoga for 1-2 classes per week
- Collaborated in development of COVID compliant procedures including wiping mats down before and after class, and offering sanitizing options throughout class
- Created agendas and communication materials for class and schedule promotion

Namaste at Home - Virtual Yoga - Yoga Teacher

Boston, ME • 03/2020 - Current

- Led exercise routines remotely via pre-recorded videos and conferencing software.
- Delivered knowledgeable instruction in Vinyasa, Yin, and Restorative yoga discipline for 5-6 classes per week.
- Utilized Instagram and Google Analytics to compile data gathered from various sources.

Joy Yoga - Yoga Teacher

Melrose, MA • 01/2020 - Current

- Delivered knowledgeable instruction in Vinyasa yoga discipline in weekly classes
- Educated students about proper form to maintain safety and maximize benefits of different positions.
- Kept studio spaces clean and setup for classes of up to 10 students.

CONTACT

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INSTAGRAM

@Appleman_Awakening

SKILLS

- Advanced yoga techniques
- Effective lesson planning
- Knowledge of anatomy
- Strong interpersonal communication
- Marketing Platforms: HubSpot, MailChimp, Google Analytics, Google AdWords

EDUCATION AND TRAINING

200hr RYT

Zen Den School of Yoga

Boca Raton, FL • 12/2019

Yin Yoga Level 1

Ginger Fawn Bowden Yoga

Boca Raton, FL • 12/2019

Kids Yoga Instructor

Pretzel Kids

Boston, MA • 01/2020

- Guided clients in safe exercise, taking into account individualized physical limitations.

Morse Elementary School - After-School Yoga Teacher

Cambridge, MA • 02/2020 - 07/2020

- Taught weekly after school yoga classes to grades 3-5
- Explored areas of mindfulness, balance, focus, happiness, and gratitude
- Prepared teaching area for each class and returned all equipment to storage after classes.
- Devised new programs and monitored student progress.
- Earned reputation for good attendance and hard work.