



Nea North

200-Hour Yoga Alliance Certified
Teacher | All Levels Alignment &
Vinyasa Based Yoga

Long Beach, CA | 318.218.6554 |
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Summary

I believe that it's important to bring awareness to your life, find your passions, and never stop growing. That's why I love yoga. My training has focused on a blend of Iyengar, Anusara, and Alignment based teachings. I truly love inspiring others to find balance in all aspects of life and improve overall wellness.

Training and Lineage

- **200-Hour Yoga Teacher Training | Practice Yoga | Austin, TX | 2016**
Teacher(s): Christina Sell (E-RYT 500, YACEP), Kiely Rutledge Wolters (E-RYT 500, YACEP), Rey Cardenas (E-RYT 200), G'Nell Price (E-RYT 500), Shanti Kelley (ERYT-500, E-RYT1000 IYTA)
- **6- Weeks to Better Arm Balances | Practice Yoga | Austin, TX | 2017**
Teacher(s): Kiely Rutledge Wolters (E-RYT 500, YACEP)

Affiliations and Certifications

- Yoga Alliance Member
- 200-Hour Certified Yoga Teacher
- Practice Yoga Alumni

Yoga Instruction Experience

Yoga Instructor | Shape Up Corporate Fitness | 2017-Present

- Leading weekly 60 minute yoga classes for residents at luxury apartment buildings including: The Millennium, Lamar Union, Coldwater, and Gibson Flats
- Offering refinements and hands-on adjustments throughout class
- Preparing class space including bringing props, music, and class readings
- Cleaning up, logging class attendance, and taking class photos
- Subbing for other instructors as needed

Yoga Instructor | Breath.Asana.Yoga. | 2016-Present

- Instructing students of all levels on a 1-to-1 basis with a focus on these areas: Beginner's Practice, Asana Advancement, Meditation, Stress Relief, Flexibility, and Injury Recovery

Work Experience

Teaching Assistant | University of California, Irvine | 2017-Present

Marketing Manager, Demand Generation | Tk20 | 2016-2017

Campaign Manager | BigCommerce | 2015-2016

Independent Consultant, Marketing & Finance | Various Clients | 2014-Present

Additional Education

University of California, Irvine | Currently Pursuing PhD in Management

University of Texas, Austin | M.A. Advertising | High Honors

Louisiana State University, Shreveport | B.S. Marketing & Finance | Summa Cum Laude

Available Upon Request: Yoga Alliance Certification Card & References