


LENA



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 BranchOutYogaGroup.com

INTENTION & VISION

Dedicated to cultivating empathy through the pursuit of knowledge and practice of yoga! My classes are intended to build strength and flexibility, while offering space for self-reflection and self-compassion.

SKILLS

Proactive Communicator
Articulate Public Speaker
Good Karma

EDUCATION

University of North Carolina
Chapel Hill, NC • 05/2018

Master of Science: SLP

University of Florida
Gainesville, FL • 05/2016

Bachelor of Science: CSD
Independent Study in "Spirituality and Health" (slam poetry portfolio)

Kripalu Center For Yoga & Health
Stockbridge, MA

Advanced Yoga Studies
Jim Hopper's "The Neuroscience of Buddhism and Yoga- Harnessing the Brain for Healing and Happiness"

Radiant Child Yoga's "Yoga for Children with ADD, Autism, and those who are Differently-Abled"

EXPERIENCE

Branch Out Yoga Group - Founder
Cary, United States • 07/2018 - Current

- Instituted "Branch Out Yoga Club" for middle schoolers of diverse backgrounds, including those with intensive medical needs.
- Designed "Inclusion Ambassadors" elective and trained students on how to communicate/play with peers with disabilities.
- Networked with teachers, families and groups across Wake County.
- Provided evidence-based speech-language therapy to enable teens to connect with their loved ones and to themselves.

Carolina Yoga Co. - 200-Hour YTT
Carrboro, United States • 09/2019 - 04/2020

- Trained in anti-racist, anti-xenophobic teaching practices.
- Led hour-long movements at Durham and Carrboro studios.
- Learned skills for language, sequencing, adjustments and modifications.
- Studied philosophy and techniques of asana, pranayama and meditation.

UNC Chapel Hill School Of Medicine - Professional People Person
08/2016 - 05/2018

- Conversed with folks of all ages at inpatient hospitals, outpatient hospitals and non-profit healthcare centers across the Triangle.
- Outreach Coordinator for Camp Kesem, a community that supports children through and beyond their parent's cancer (Gainesville, FL).

RecSports - Operations Supervisor
Gainesville, FL • 08/2014 - 05/2016

- Awarded "Top 5 Employees of the Year" out of 140 facility operators for being a fun, knowledgeable Operations Supervisor.

REFERENCES

[Available upon request.]