

# Melissa

Yoga Teacher located in Durham, North Carolina

Phone: 704-280-9080 Email: [mjmoser007@gmail.com](mailto:mjmoser007@gmail.com) Twitter: [@melissa\\_egg](https://twitter.com/melissa_egg)

## BIO

A bilingual yoga teacher and former soccer player, Melissa enjoys helping all kinds of people access yoga. Her goal is to provide an inclusive, attentive and personalized yoga experience even in a group class. Her style has been especially inspired by teachers Bryan Kest in Santa Monica and Ti Harmony in Carrboro. In addition to her training, Melissa's teaching draws on her own eclectic experience of practicing a wide range of yoga styles for more than 20 years.

## EDUCATION AND TRAINING

**Carolina Yoga Company**, 200 Hours Yoga Teacher Training completed April 2020  
Broad-based program introducing various styles with a focus on teaching all types of students.  
Lead teachers: Sage Rountree and Jenni Tarma

**Yoga International Retreat**, 5 days, The Himalayan Institute, PA, September 2018  
Teachers Rod Stryker, Sally Kempton, Doug Keller, Gary Kraftsow. Retreat focus topics were yoga nidra and Bhakti yoga.

**Yogaville Weekend Retreats**, Yogaville, Virginia, Nov. 2015, Nov. 2017, May 2019  
Retreat emphasized yoga nidra, therapeutic yoga and yoga history.

**Bryan Kest Power Yoga Weekend Workshops**, Charlotte, NC, 1998, 2000, 2010, 2015.  
Workshop focus was power yoga.

**Yoga Retreat with Ti Harmony**, 5 days, Oak Island, NC, May 2008. Retreat focused on pranayam, asana, bhakti, and meditation.

**Shiva Rea Yoga Workshop**, 1 day, San Francisco, CA, October 2002. Workshop focus was prana vinyasa flow.

**Yoga Journal Conference**, 3 days, Palm Springs, CA, June 2000. Conference offered a wide range of yoga styles from Jivamukti to Kundalini to Power Yoga and more.

## RELATED JOB EXPERIENCE

**Work-Study**, Durham Yoga Company, Durham, NC, October 2019 – present. Duties include sweeping, mopping, signing students in, and handling latecomers.

**ESL Teacher**, Intrax, San Francisco & San Diego, CA, February 2004 – Fall 2006. Taught English to students aged 16+ from all over the world, from beginning to advanced speakers.

## **YOGA TEACHING EXPERIENCE**

Community Class, Carolina Yoga Company, Durham, NC, September 2019 – February 2019

Private yoga lessons, December 2019 – present

Corporate yoga class, Teamworks, Durham, NC, November 2019

Yoga class, Family Heart Camp Retreat, West Virginia, June 2019

## **SKILLS**

Teaching yoga in English & Spanish

Checking in students (MindBody Online)

Cleaning studio (sweeping, mopping, straightening props, etc.)

Training in CPR

## **REFERENCES**

Sage Rountree, Owner, Carolina Yoga Company

Jenni Tarma, Carolina Yoga Company, Durham Studio Manager