

KYLIE GROGAN

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EDUCATION

MAY 2017

RYT 200 YOGA TEACHER, RISING LOTUS SCHOOL OF YOGA AND WELLNESS

The curriculum, Hatha Yoga, of the National Education Standards of the Yoga Alliance.

MAY 2019

BACHELOR'S OF SCIENCE IN EXERCISE AND MOVEMENT SCIENCE, LEWIS UNIVERSITY

I obtained a GPA of 3.8, as well as being a recipient of honors on the deans list for 8 semesters.

CERTIFICATIONS

- First Aid/ CPR/ AED, American Red Cross, February 2019 - Present
- Usui Reiki Practitioner Level 2, April 2017 – Present

EXPERIENCE

MAY 2017 – PRESENT

YOGA TEACHER, RISING LOTUS HEALING CENTER, HOMER GLEN, IL

- Specialize in Gentle Yoga and Hatha Yoga styles, and lead classes of all levels
- Teach students correct alignment to ensure maximum benefit and safety
- Work with students of all types to create customized adjustments that increase well being

JANUARY 2016 – MAY 2019

YOGA INSTRUCTOR, LEWIS UNIVERSITY, ROMEOVILLE, IL

- Teach Yoga Sculpt/Power, and all levels yoga classes
- Work at front desk, and handle guest relations
- Create relaxing environment to promote stress relief

SEPTEMBER 2018 – DECEMBER 2018

YOGA INSTRUCTOR, YOGA LAND CHICAGO, DARIEN, IL

- Taught Beginners Yoga
- Develop promotions to increase participation

WORKSHOPS

- Yoga & Aromatherapy
- Yoga for Stress Relief
- Yoga for Anxiety & Depression
- Yoga for Back Pain

Locations:

- Rising Lotus Healing Center, Homer Glen, IL
- Yoga On Wolf, Mokena, IL
- The Yoga Room at Body Tech, Mokena, IL

OTHER TEACHING EXPERIENCES

- I teach yoga for the D1 Men's Volleyball Team at Lewis University, January 2018 – Present
- I am an intern at Kinema Fitness, a corporate wellness facility in the Chicagoland area, January 2019 - Present
 - Work closely with the holistic wellness director
 - Teach Yoga with Therapy Ball, and Posture Fix workshops
 - Teach yoga classes, and meditation classes

SKILLS

- Meditation Classes
- All levels classes
- Yoga for Athletes
- Yoga for Seniors
- Yoga for Injury Prevention & Care
- Yoga Sculpt
- Gentle Yoga
- Hatha Yoga
- Yoga Barre
- Kids Yoga
- Private Sessions
- Beginner Yoga
- Vinyasa Sub