

COURTNEY CROITORI YOGA INSTRUCTION

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PROFILE

As a professional ballet dancer, I've spent 20 years studying my craft, continually seeking out methods to strengthen and complement my training. This led me to the practice of Yoga. As an avid practitioner over 10 years, I became a certified yoga teacher (RYT 200-hr) in 2009, utilizing my knowledge of the body in motion as inspiration. My classes integrate many of the same qualities of dance; strength and control, ease, flexibility and concentration through movement. They are inspired by the Ashtanga and Iyengar traditions, using breath and focus to bring balance and strength through this moving meditation.

Core Competencies:

Anatomy of Yoga - Yoga Therapeutics - Pranayama – Sanskrit

PROFESSIONAL EXPERIENCE

2010 – Present:

THE PACIFIC CLUB, Newport Beach, CA **Yoga Teacher**

- Facilitate Hatha style yoga classes in a group and private setting, explaining the benefits of each Asana and providing modifications based on physical limitations
- Consciously aware of client safety while in practice
- Conduct instruction on proper Pranayama (breathing techniques)
- Clear explanation of Asana with focus on proper alignment
- Verbal and assisted adjustments to modify and enhance poses based on individual needs
- Provide guidance on meditation through movement and breath to facilitate the relaxation response
- Consistently encourage students of all levels in a safe, welcoming and fun environment

2015 – Present:

EQUINOX SPORTS CLUB, Irvine & Newport Beach, CA **Yoga Teacher**

2008 – 2009:

MEDIA CITY BALLET, Glendale, CA **Professional Ballet Dancer**

2004 – 2008:

BALLET PACIFICA, Irvine, CA **Professional Ballet Dancer**

1998 – 2002:

BALLET FLORIDA & BOCA BALLET THEATRE, Boca Raton, FL **Professional Ballet Dancer, Guest Artist**

EDUCATION AND CREDENTIALS

2009 – (RYT) 200-Hr Certification

Yogaworks Costa Mesa, CA under Thomas Taubman & Carmen Fitzgibbon