

Sarah Kurwitz

(801) 884-7969

sdunca@live.com

www.sarahlotus.weebly.com

" I feel so fortunate to have found Sarah Kurwitz and her Relax and Release Yoga class. I am benefiting so much from the restorative yoga classes. I am experiencing increased flexibility, balance, and strength, as well as mindfulness and inner calm."

- Ardath Sweeney

"Since the first session of Restorative Yoga with Sarah, she has put me at ease with myself and my body. With a fresh sense of humor, she focuses on the moves themselves rather than our attempts to execute them, and she gives clear and concise corrections where needed. Sarah is always well organized and attends to business so that our yoga sessions have an organic quality. There is a real sense of accomplishment at their completion. Her own expertise in yoga and ability to communicate yoga moves makes her an excellent and accomplished yoga instructor."

-Jo Ann Musser

Certified Yoga & Hoop Dance Instructor

Results-focused, quality-driven professional with extensive experience in teaching, yoga, anatomy, and dance. Understanding of business management and administration, demonstrated a consistent work ideology that results in maintaining a strong clientele base and dedication to organizational goals. Classes are in a style that is both easy going and honors the traditions of yoga and the student equally. The emphasis when taking her classes is on creating space in the body, the heart, and the mind.

Key Qualifications

- . Strong interpersonal and intrapersonal skills
- . Proven multi-tasking and management abilities
- . Dedicated to enthusiastic and dynamic teaching as a means of creating and nurturing a lifelong love of knowledge.
- . Media, marketing and public relations experience
- . Understanding of operations management

Education and Certifications

2005 Independence High School

High School Diploma

2007 Centered City Yoga

Certified Yoga Instructor, 500 hours

2010 Salt Lake Community College

Medical Coordinator

2011-Current Salt Lake Community College

Business, Certified Yoga Instructor, Theory and Practice of Meditation, Dance

2012 SB Dance

Certificate of Completion in Teaching Framework and Tools to Foster Depositional Learning and Non-Arts Learning.

Relevant Experience

Freelance volunteer work and substitute teaching (2007- Current)

Hula Hoopology (current)

- . Yoga and Hoop Instruction
- . CEO and Director of Operations

Voodoo Productions (current)

- . Performance Artist

Shiva Yoga Center (2011-2012, transferred ownership)

- . Yoga Instruction

Urban Studios (2010, studio closed)

- . Yoga Instruction

Ballet West (2009- Current)

- . Yoga Instruction for summer intensive programs

A New Day Spa (2007-2009, left due to continual double booking of space in 2009)

- . Yoga Instruction

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Dear Yogis and Yoginis,

I am currently looking to be added to substitute lists, as well as collaborative work shops. Upon reviewing my resume, you will see my 6 years teaching experience and continued efforts to remain an avid student.

Please consider adding me to your team. I am hard working, reliable, and have impeccable mannerisms. Most importantly, I carry strong understanding of teaching, anatomy, physiology, and yogic ideology.

If you visit my website, you can sample my teaching style through my free online learning center and review my biography. Thank you for your time and feel free to contact me at any time.

Namaste,

Sarah

801-230-9169

<http://sarahlotus.weebly.com/practice.html>