

# LINDSAY N. CALVERT

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## YOGA INSTRUCTOR

Eight Years of Teaching Experience

- Over 8 years of yoga, movement arts, and fitness education in a variety of settings
- Credentials include 200 hour yoga certification, Pilates mat certification, barre certification, and BFA in Dance
- Passion for quality, creative classes that build bodies, minds, and spirits. Skills and knowledge areas include:
  - Hatha Yoga
  - Vinyasa Yoga
  - Yoga for Beginners
  - Restorative Yoga
  - Ashtanga Yoga
  - Hot Yoga
  - Anatomy and Kinesiology
  - Hands on Adjustments
  - Aerial Arts
  - Pranayama
  - Creative Movement Sequences
  - In-depth Workshops
  - Meditation and Relaxation
  - Contemporary Dance

### Yoga Teaching Experience

***Talalla Retreat, Gandara, Sri Lanka; 2017***

***Yogagati 200 hour teacher training, The Sanctuary, Thailand; 2017***

***Danyasa Eco-Retreat, Dominical, Costa Rica; 2017***

***Casa Lucia Boutique Hotel and Yoga Retreat, Granada, Nicaragua; 2016***

***Aqua Wellness Resort, Redonda Bay, Nicaragua; 2016***

***Muuv Yoga, San Juan del Sur, Nicaragua; 2016***

***Zen Yoga, San Juan del Sur, Nicaragua; 2016***

***Casa Oro, San Juan del Sur Nicaragua; 2016***

***MyNuLif Studio, San Carlos, CA, USA; 2015***

***Stiletto Fitness, Largo, FL, USA; 2015***

***YouFit Gyms, Tampa, FL, USA; 2015***

***33 Yoga, Cincinnati, OH, USA; 2014***

***Queen City Racquet Club, Cincinnati, OH, USA; 2014***

***LA Fitness/Urban Active, Columbus and Cincinnati, OH, USA; 2010-2014***

***Yoga Alive, Cincinnati, OH, USA; 2013-2014***

***Lifetime Fitness, Columbus, OH, USA; 2012***

***Pai Yoga and Fitness, Columbus, OH, USA; 2010-2013***

***Inhale Yoga Studio, Athens, OH, USA; 2009-2010***

***Village Productions, Athens, OH, USA; 2008***

### Other Teaching Experience

***Pilates Proworks, Oakland, CA, USA; 2015-2016***

***Kids N Dance Aerial Arts, Oakland, CA, USA; 2015-2016***

***Truve Fitness, Oakland, CA, USA; 2016***

***888 Monkeys Circus Camp, San Jose, CA, USA; 2015***

***Dublin Dance Center, Columbus, OH, USA; 2012-2013***

*Factory Street Dance Studio, Athens, OH, USA; 2009-2010*  
*Ohio University Pilates Program, Athens, OH, USA; 2007-2010*

## **Education & Credentials**

*BFA Dance, Ohio University, 2009*

*200 Hour Yoga Certification, Inhale Yoga, Athens, OH; 2008*

*Pilates mat certification, Power Pilates, Athens, OH; 2007; 2009*

*Barre fitness certification, Yoga Alive, Cincinnati, OH; 2013*

*Pilates ProWorks Fitformer Teacher Training, Sonoma, CA; 2015*

*Notable Workshops, Classes, and Teachers*

- Inversions and Backbends- Edward Clark
- Ashtanga and Headstands- Kino MacGregor
- Mysore-style practice- Kim Nietch

*Corporate Yoga Clients, 2010-present*

- DSW/American Signature Brands, Ohio Hospital Association, Lululemon, Nationwide World Headquarters, Columbus Montessori Education Center, Ridgewood Elementary School, Yogasmoga

*Significant Events Produced*

- Vino + Vinyasa, Aqua Wellness Resort
- Chakra Hoop Yoga, Core Heart Fusion Vinyasa, and Embodied Vinyasa, Sacred Spaces Village, Burning Man
- Hoop Dance 101 workshops in Columbus, OH
- Live DJ + Yoga + Wine Tasting Event at Via Vecchia Winery
- Glow Yoga at Yoga Alive and Rootwire Music and Arts Festival
- Partner Yoga at Rootwire Music and Arts Festival
- Beginner Yoga Workshop at Yoga Alive
- Hang Time: Tools for Yoga Jumps workshop at Yoga Alive
- Aerial Hoop Workshops at Movement Activities Aerial Dance

*Additional Skills*

- Wellness, yoga, fitness, and healthy lifestyle blog/article writing
- Social media and marketing of LindsayNova.com and respective Facebook page
- E-newsletter design and implementation using MailChimp
- Video editing
- Retail and customer service experience in stores, personal online business, and yoga studios
- Spreadsheet accounting experience
- Knowledgeable of Microsoft Office software

## **References**

*Available Upon Request*