

LINDSAY N. CALVERT

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YOGA INSTRUCTOR

Ten 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

Holis Spa & Wellness Center, Manuel Antonio, Costa Rica; 2018
Green Yoga India/Kashish Yoga Teacher Training School, Goa, India; 2017
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