

# EMMA J YOUNG

Yoga Teacher

## ABOUT

I am a passionate and determined yoga teacher. I strive to create inclusive and self love inspired classes. My classes are designed to allow individuals to relax, reframe and recharge.

## EDUCATION

**Prancing Peacock Yoga Studio**, Yardley, PA  
200hr Yoga Teacher Training - Sep 2017 - Feb 2018

**Columbia University**, NYC  
Masters of Social Work, Class of 2020

**The College of New Jersey**, Ewing, NJ  
BA in Psychology, Class of 2018

## YOGA TEACHING EXPERIENCE

**The College of New Jersey, Recreation Department**  
Group Fitness Instructor, Jan - May 2018  
Created and taught 4 unique yoga classes each week to cater to the needs of college students.

**Prancing Peacock Yoga Studio**  
Substitute Yoga Instructor, Feb - May 2018  
Efficiently responded to substitute requests. Created and taught beginner and mixed level classes in a studio setting for a diverse group of students.

## OTHER EXPERIENCE

Student Life Specialist, School of NY Times, Jun 2018 - present  
Residential Counselor, Wediko Children's Services, 2016 - 2017  
Classroom Leader, Academic Sports Academy, 2014 - 2018

## CONTACT

(609)-712-4240  
emmajaneyoga.com  
msemmajyoung@gmail.com

## PREVIOUS WORKSHOP OFFERINGS

### **Authentic Girls Yoga**

Four powerful 45 minute yoga sessions, each include a short bio on an inspiring woman, self esteem building activity and short yoga flow  
*Offered free of charge at Academic Sports Academy in April 2018*

### **NEDA Walk Yoga Warm Up**

Led a brief standing yoga warm up prior to beginning National Eating Disorder Association walk.  
*Offered at DC NEDA walk in March 2018 (roughly 150 participants)*

### **Body Positive Yoga**

Specialized yoga class offered during eating disorder awareness week for college students.  
*Offered free of charge at The College of New Jersey in February 2018*

## SKILLS + CERTS

- Yoga Alliance 200hr RYT
- CPR and First Aid
- Crisis Prevention Institute, Blue Card Certified

*References and testimonials available upon request.*