



YOGA TEACHER

Victoria Avery

EXPERIENCE

ACCOUNT MANAGER - DIGITAL MARKETING

Lamark Media | Boca Raton, FL | April 2025-Present

CONTACT

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EDUCATION

SPACE UNKNOWN

200 Hour Registered Yoga Teacher

Yoga Alliance

CARNEGIE MELLON UNIVERSITY

B.A. Creative Writing

Class of 2021

SKILLS

Vinyasa, Yin Yoga

Meditation & Breathwork

Arm Balances/Inversions

Flow Arts

Digital Marketing

ABOUT ME

As a lifelong athlete, I've spent much of my life immersed in competitive sports, honing my skills in traditional exercise modalities like weightlifting, running, and cross training. After facing multiple injuries, I turned to yoga for physical healing, only to discover that it offered profound mental healing as well. This journey unveiled the profound mind-body connection, a concept I'm deeply passionate about.

What I love most about yoga is how the lessons learned on the mat—balance, equanimity, and compassion—seamlessly transcend into our everyday lives. My goal is to leave students feeling empowered after each vinyasa flow, embracing the strength, creativity, and playfulness within themselves.

In my classes, I design powerful sequences that encourage exploration and creativity while fostering a safe space for students to try new things. Each class is guided by a theme, offering students meaningful ideas to reflect upon and integrate into their lives.

