

# Nadiah Beauford

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## Education

August 2019 - December 2023

**Arizona State University, Tempe, AZ**

Bachelors of Science - Biochemistry

## Certifications

200 Hour - Vinyasa Yoga Teacher Training, RYS 200

SPENGA Instructor Training

## Experience

October 2024- PRESENT

**SPENGA, Southlake, TX – Instructor**

- Learn and demonstrate pre-approved strength training exercises with clear, concise explanations and modifications, ensuring clients can follow along within 60 seconds.
- Transition seamlessly between spin, strength, and yoga portions within 90 seconds to maintain class flow.
- Create high-energy playlists to sustain motivation and energy during spin and strength segments.
- Lead clients through a yoga flow, focusing on breath and movement to effectively slow the heart rate and promote relaxation.
- Provide end-of-class updates, including upcoming studio events and special offers.
- Inform new clients about studio specials and encourage sign-ups for memberships.
- Ensure all equipment (laptops, iPads, microphones, etc.) is functional before class for a smooth session.

July 2024 - Present

**PrimeLife Fitness, Fort Worth, TX – Yoga Instructor**

- Guide clients of all ages and abilities through a structured flow, including a warm-up, peak poses, and a cool-down, with a strong emphasis on using yoga props (blocks, straps, etc.) to enhance alignment, accessibility, and comfort.
- Ensure that the studio is clean, organized, free of hazards before and after classes, and that all props and equipment are in good condition.
- Track attendance, manage client schedules, and communicate class updates, cancellations, or substitutions effectively.
- Develop a rapport with clients, offering encouragement and support both in and outside of class, and creating a sense of community.

July 2024 - Present

**Sacred Soul, Fort Worth, TX – Yoga Instructor**

- Lead clients through yoga poses, breathing exercises, and mindfulness practices while ensuring proper alignment and safety.
- Develop and design balanced, engaging yoga sessions, pairing the session with a carefully curated and unique playlist
- Offer adjustments, modifications, and personalized guidance to support individual progress and prevent injury.
- Cultivate a positive, inclusive space where clients feel comfortable and encouraged to explore their practice at their own pace.

September 2023 - May 2024

**gloYoga, Jersey City, NJ – Program Manager, Yoga Instructor**

- Overseeing daily operations, enforcing policies, and building strong relationships with clients, staff, and potential collaborators.
- Utilizing excellent communication and interpersonal skills to deliver constructive feedback to instructors and staff.
- Acting as a role model by leading by example and fostering a supportive and motivating atmosphere.
- Provide both verbal and hands-on adjustments to ensure correct form, alignment, and maximize the effectiveness of each pose.
- Proactively offer modifications, inquire about injuries or pregnancies, and adjust the practice to accommodate each client's unique health considerations.