

Marisa Freeman

CERTIFIED YOGA INSTRUCTOR

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SUMMARY

I attended my first yoga class because I was bored living in a new town and I stayed because of how amazing I felt afterwards! When I teach, I use smart sequencing and a grounding approach to empower students to build a strong practice and to make difficult poses within their reach. My teaching style is suitable for All-Levels, offering modifications for Beginners and challenging Advanced practitioners.



CERTIFICATION

OM Yoga 200 HR YTT **June 2016**
Cyndi Lee
Lynchburg, VA

- Trained in a mindful Vinyasa style with emphasis on purposeful sequencing, assisting with care and careful alignment

INTERESTS



kayaking



snowboarding



CrossFit



hiking

NOTABLE EXPERIENCE

- **Yoga Instructor, Yoga Goodness Studio, Lynchburg VA June 2016-Present**
- Yoga in the Park instructor (Spring & Fall series) with Lynchburg Parks and Rec
- Yoga instructor for the Lynchburg Hillcats, minor league baseball team
- Exclusive yoga instructor for Virginia Episcopal School's Winter Sport activity
- Exclusive yoga instructor at The World's Largest Tree Hug Event, Lynchburg VA
- Exclusive yoga instructor for Horizon Behavioral Health, at risk children, Amherst
- Yoga and Beer events:
Loose Shoe Brewing Company, Amherst
Apocalypse Ale Works, Lynchburg
Down Dog at the Water Dog, Lynchburg
- Yoga at the Greenhouse w/ Lynchburg Grows
- Yoga Instructor, Peaks of Otter Emergence Festival

"Train yourself to be in awe of the subtle"

- Rodney Yee