

MARIA REED

YOGA AND GROUP FITNESS
INSTRUCTOR

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www.themariareed.com



I am a kind, empathetic, and intelligent person. I am also a yoga and group fitness instructor! I want to cultivate people's love for their own abilities and create a safe and mindful class experience where everyone can come as they are and share in the joy that movement brings. My teaching mission is to show grace to myself and others as we both learn and grow into the most authentic version of ourselves.

TEACHING EXPERIENCE

CorePower Yoga, New York

December 2021–Present

Taught 2–20 classes a week depending on studio needs. Style of classes include Power Vinyasa, Hot Power Fusion (based in 26+2 practice), Restorative Yoga, Yoga Sculpt, and HIIT classes. Created intentional and creative sequences that could easily be modified to the ability of the class, and that complemented each other. Manager: Kimberly Marcotte, kimberly.marcotte@corepoweryoga.com

Rock Fitness, New York

February 2024– Present

Taught multiple vinyasa classes with the expectations of new weekly sequences. Created safe and challenging classes that fit all levels of peoples' yoga knowledge from asana and far beyond. Manager: Dora Arsenis, Dora@rock-gyms.com

Yogability, Michigan

October 2020–January 2021

Aided in teaching accessible classes to groups of individuals with little to no experience with yoga poses. Classes were limited in size during the Studio's soft opening in order to give everyone individual attention.. Owner: Lisa Ramsey, yogabilityplymouth@gmail.com

SKILLS

CPR and 1st AID Certified

Vinyasa Yoga

Yin Yoga

Group fitness (HIIT/Sculpt)

Actor/Singer

PAST EXPERIENCE

Nanny 2020–2021

Bartender 2017–2021

Box Office Experience
2013–2019

RELATED EXPERIENCE

Teacher Training Facilitator, CorePower Yoga

March 2022–Present

This has been the most rewarding part of my teaching career so far. To help foster an intellectual, respectful, and curious adult learning experience is truly a gift. As one of the facilitators I was in charge of distilling the information in the lessons plans in a clear and supportive way. Training Lead: Garrett Shin, garrett.shin@corepoweryoga.com

Studio Coordinator, CorePower Yoga

March 2022–August 2024

This was a managerial role. In addition to teaching 4–6 classes I would handle student relations, as well as some admin work like clearing rosters, closing invoices, ordering cadence for the studio, and the entire hiring, scheduling, and management of the Studio Experience Team. I was the SC of Tribeca and then moved to Midtown East as the opening Studio Coordinator of the new studio. (Also interim supported UES and NoMad. Can provide references upon request) Manager: Kimberly Marcotte, kimberly.marcotte@corepoweryoga.com

EDUCATION

BFA Oakland University, Michigan

BFA in Musical Theatre Performance, with a minor in Dance Performance

200hr RYT Empower Yoga, Michigan

A Yoga Alliance Registered program, with strong roots in Ashtanga, aiming to deepen your practice and help build the foundations necessary to be a successful yoga teacher. We were taught Yoga History, Techniques, Ethics, and Safety. As well as deepening our own practices both physically and spiritually.

Studio owner: Julie Cook, empoweryogastudio@yahoo.com

20hr Cont. Ed–Ignite Yoga and Wellness Institute, Virtual

Embracing Yoga's Roots course, led by Susanna Barkataki, teaches you to deepen your practice and become a leader who embodies yogic values, creates genuine unity, stands for social justice in real tangible ways, and takes the practice beyond self care and into community care.