

A creative yoga teacher with over 5 years experience implementing and practicing effective yoga sequences, breathing techniques and organizing workshops across the country. Known for my exceptional photography, copywriting skills and my wide range of skillsets for marketing and advertising with extreme professionalism in the yoga community.

## POSE STUDIOS

Frisco, Texas / January 2023 - Present

- Regular Weekly Teacher providing Vinyasa and Yin Yoga classes that cater to all levels while adding creative mobility and unique movement for deep stretches
- Photographed Studio Interior and Teacher Headshots

## THE UNLIMITED STUDIO

Frisco, Texas / April 2023 - Present

- Guest Teacher providing Vinyasa classes for Online/Live Streaming Video Content filmed at the ULTD Studio

## HORIZON HOT YOGA

Frisco, Texas / June 2020 - January 2023

- Regular teacher that provided 60 minute Yoga classes that taught a wide range of styles like Vinyasa, Yin, and Rocket
- Served as a Temporary teacher leading traditional disciplines such as Hot 26&2 and Ashtanga classes
- Artistic Chalkboard Artist that helped design and create eye-catching announcements in the studio hallway for 12 months
- Implemented and executed full workshops for members with collaborative efforts among the Horizon teachers

## MOVEMENT GYMS (Formerly SUMMIT GYMS)

Plano, Texas / April 2020- August 2023

- Teaching yoga sequences to help rock climbers warmup or stretch before and after their climbing sessions

## THE UNIVERSITY OF TEXAS AT DALLAS

Richardson, Texas / April 2016 - April 2017

- Created sequences for UTD students while they participated in recreational activities on campus
- Classes were 60-90 minutes long with a series of foundational postures to cater to all bodies and types

## EDUCATION

### 200HR Integrative Vinyasa YTT

2018 / Uptown Yoga, Plano, Texas

*Supervised under Jennifer Chitwood*

### 20HR Rocket YTT

2019 / Horizon Hot Yoga, Frisco, Texas

*Led by Carlson Calhoun*

OPEN TO NEW OPPORTUNITIES

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## EDUCATION/CERTIFICATIONS

### 50HR Rocket Level 1 YTT

2020 / Yoga East Austin, Austin, Texas

*Led by David C. Kyle*

### 20HR YIN YOGA YTT

2021 / Summit Yoga School, Dallas, Texas

*Led by Emily Jones*

### 8HR YIN YOGA FOR YOUR BODY

2021 / Yoga International (Online Course)

*Led by Bernie Clark*

### 300HR YTT Emphasis on Ayurveda & TCC

2022 / Indra Yoga Institute, Cusco, Peru

*Led by Bonnie Norton, Dr. LaCretia Dye,  
Dr. Haunani Chong Drake, Angela Fears, et. al.*

## NOTABLE MENTIONS

These specific yoga opportunities were specialty services where Esther traveled and provided yoga teaching services as well as photography skills to support global wellness communities

## INDRA YOGA INSTITUTE

Cusco, Peru / July 2022

Algarve, Portugal / October 2022

During the course of the training, Esther was on a special scholarship where she provided Photography and Graphic Design assets to aid and advertise Indra's Yoga Trainings and Retreats

## THE FLOW YOGA ROOM

Seoul, South Korea / July 2023

During the course of the training, Esther was on a special scholarship where she provided Photography and Graphic Design assets to aid and advertise Indra's Yoga Trainings and Retreats

## FRISCO PUBLIC LIBRARY

Frisco, Texas / 2023

For a full year, Esther is slated to provide free community classes at the local library called "Movement Flow" to assist library attendees through easy and gentle stretches

## REFERENCES

Available on request