

STEPH REID



YOGA

CONTACT

steph-reid.com

stephreid3@gmail.com

908.310.2375

EDUCATION

University of Arizona

Bachelor of Fine Arts

2014 – 2018

Emphasis in Graphic Design | Summa Cum Laude

CERTIFICATIONS

100-hr Mentorship, Pure Yoga

New York, NY | Summer 2019

Mentored by Andrea Borrero during this 100-hr personalized training. Focused on refining hands-on adjustments, sequencing, & developing voice as a teacher. Assisted classes, workshoped poses & taught a community class once a week, which was regularly shadowed to provide comprehensive feedback from mentor.

50-hr Training, Laughing Lotus

New York, NY | Summer 2018

Instructed by Sheri Celentano, Dana Flynn & Kenny Frisby in Laughing Lotus' unique Fly training. Provided the necessary tools to safely teach advanced inversions & arm balances to students of all levels.

200-hr Training, Pure Yoga

New York, NY | August 2015

Studied under Kay Kay Clivio, Adam Vitolo & Yogi Charu in Pure Yoga's month intensive 200-hr training. They passed down their wisdom on alignment, meditation & philosophy in this comprehensive program; included a 25-hr Yoga Tune Up anatomy portion.

Adult & Pediatric First Aid,

CPR/AED Training, Red Cross

New York, NY | April 2022

Learned to recognize & care for a variety of first aid, breathing, & cardiac emergencies involving adults, children & infants.

WORK EXPERIENCE

Personal Yoga Instructor, 3 Clients

New York, NY | Summer 2021–Present

Teaches personalized yoga classes to a handful of clients in their homes once a week. Curates classes that target personal ailments such as arthritis & hypermobility.

Yoga for Skaters Instructor, Cooper Park

Brooklyn, NY | Summer 2021–Present

Teaches a donation-based yoga class for skateboarders in the park. The 45-min. flow includes poses that help stretch & strengthen skaters' most over-used muscles.

Virtual Yoga for Skaters Instructor, Skate Like A Girl

Zoom | March & May 2021

Joined Skate Like A Girl's zoom Happy Hour, twice, as their special guest to share about the connection between skateboarding & yoga, as well as teach a 20–30 minute flow.

Virtual Yoga for Skaters Instructor, Quell Skateboarding

IG Live | June 2020–March 2021

Taught a free weekly 60-min. yoga for skaters class on Instagram Live for Quell's audience of 10.3K followers during the pandemic to keep the community connected.

Virtual Yoga for Skaters Instructor, KCDC Skateshop

IG Live | April 2020

Taught a free yoga for skaters class on Instagram Live for KCDC's audience of 25.3K followers. Shared 60-min. flow with one of Brooklyn's most trusted local skateshops' community.

Yoga for Skaters Instructor, Alo Yoga Sanctuary

Brooklyn, NY | September 2019–March 2020

Taught the first signature flow class for the grand opening of Alo Yoga's Williamsburg location. Proceeded to teach bi-weekly classes until the pandemic shut everything down. The 60-min. flow was targeting skaters in the community, but open to all.

Power Yoga Instructor, Pure Yoga

New York, NY | Summer 2019

Taught 60-min. power yoga community class once a week at Pure Yoga East as part of 100-hr mentorship with Andrea Borrero.

Yoga for Skaters Instructor, The General by Vans

Brooklyn, NY | May & June 2019

Taught two 75-min. yoga classes at the General by Vans in Williamsburg as part of a series of events celebrating the skatebrand, Quell's, one year anniversary.

Group Fitness Instructor, University of Arizona Rec Center

Tucson, AZ | October 2016–May 2018

Taught 60-min. group fitness classes 2–3 times a week at the rec center for gym members. Class formats included: Indoor/Outdoor Vinyasa, Power & Paddle Board yoga.

Yoga Instructor, 4th Avenue Yoga Studio

Tucson, AZ | October 2015–May 2018

Taught 60-min. group yoga classes 1–4 times a week at a studio in downtown Tucson. Class formats included: Vinyasa, Hot Vinyasa & Hatha Yoga.

ATHLETIC ACHIEVEMENTS

All State All Around Gymnast

New Jersey | 2014–2018

2X Skyland Conference Champion, Varsity Team Co-Captain, 3X Scholar Athlete

USAG Competitive Gymnast

New Jersey | 2006–2018

Level 5 State Champion, Level 7, 8 & 9 Regional Qualifier & Level 10 Competitor.