



STEPH REID

www.steph-reid.com

stephreid3@gmail.com | 908.310.2375

CERTIFICATIONS

300-hr Training, Shambhala Yoga, Tenerife, Spain | Summer 2023

Studied with Lavinia Cometti, who has over 1700 hours with Yoga Alliance and Yogi Rajeshwor from Nepal to focus on learning about Ashtanga, Yin and Yoga Philosophy at the Shambhala Yoga School.

25-hr Yoga for Athletes, Yoga Medicine Online | Summer 2022

Studied with Tiffany Cruikshank L.Ac, MAOM, E-RYT in an online training and learned how to best utilize yoga practices to enhance athletic performance and support recovery and injury prevention.

100-hr Mentorship, Pure Yoga New York, NY | Summer 2019

Mentored by Andrea Borrero during this 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 at Pure Yoga. 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.

EDUCATION

University of Arizona, Class of 2018

Bachelor of Fine Arts

Emphasis in Graphic Design | Summa Cum Laude

WORK EXPERIENCE

Yoga for Skaters Instructor, Girls Rule Project

Munich, Germany | August 2023

Taught yoga during the women's European skate event, Girls Rule Project, stop in Munich.

Yoga for Skaters Instructor, Homage Skateboard Academy Brooklyn, NY | October 2021–Present

Teaches two 60-min. yoga for skaters classes a week at Homage skatepark in downtown Brooklyn. Focus on how yoga can strengthen and stretch skaters' most overused muscles.

Yoga Instructor, Baby Cobra Yoga

Brooklyn, NY | Fall 2022–Present

Teaches yoga classes at Baby Cobra, a donation-based yoga studio in Bushwick with a beautifully diverse community.

Private Yoga Instructor, Pure Yoga

New York, NY | Summer 2022–Present

Teaches personalized yoga classes to clients at Pure Yoga studio on the Upper West Side. Curates yoga that targets personal ailments such as arthritis & hypermobility.

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 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 yoga for skaters classes until the shut down. The 60-min. flow was followed up by a skate sesh at one of the local parks.

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.