

# Beverly Massey

Yoga Instructor  
Cisco College

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## Education

Certifications and Licenses Held  
*Certified Yoga Teacher*  
*ACE Group Exercise Instructor*

Jan 2006-Aug 2009  
*YogaFit, Inc*  
ACE

## Coursework

Level 1/ & Anatomy Certified Instructor  
Basic Class Instruction, Poses, Proper alignment/The Anatomy

Jan 2006  
3.3 ACE CEU'S  
33 YogaFit CEU'S

## Additional Coursework

Level 2 Yoga Certified Instructor  
Power Class Instruction-Advanced Breathing Techniques

Aug 2009  
1.4 ACE CEU'S  
14 YogaFit CEU'S

Yoga Seniors/ Yoga Kids Certified Instructor  
Instruction on working with various groups by age and ability

Feb 2009  
.16 ACE CEU'S  
16 YogaFit CEU'S

## Teaching Experience

Yoga Instructor  
Full and/or Part Time Instruction

Nov 2010-Current  
Cisco College

Courses Taught: Yoga Flex & Flow  
Power Yoga

College Service: Athletic Committee Member

Mar 2009-Aug 2010

Yoga Instructor  
Full Time Instruction

Eastland Wellness Center  
Eastland Memorial Hospital

Courses Taught:

Yoga Flex & Flow, Power Yoga, Yoga Seniors, Yoga Kids, Yoga for relaxation-  
13 -15 classes per week

Served on the Group Fitness and Physical Therapy Board, Marketing Advisor, Memberships.

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## **Professional Development**

Have participated in Online Discussion groups with other Professionals in the field of Yoga. Have read several articles, and books on fitness, yoga, mind and body therapy, advanced breathing techniques, relaxation practice, etc. Performed several DVD's on exercise and yoga.

## **Professional Presentations**

Eastland Chamber of Commerce

Eastland Women's Civic League

## **Professional Memberships**

YogaFit, Inc

ACE