

Allison Schubert

347-678-8814

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Job Objective

To teach yoga and meditation with openness and compassion through classes, yoga privates, and professional development

Qualifications

Comprehensive training in yoga, meditation, and body awareness.

Extensive teaching background to all ages, from school children to seniors

Professional Work and Accomplishments

Teaching

- YogaWorks (Irvington, NY) – Yoga Instructor and Sub
- Equalize Fitness (Yonkers, NY) – Yoga Instructor and Sub
- Hastings Yoga Tots (Hastings on Hudson, NY) – Owner and Founder
- Elahi Childrens Yoga (New York, NY) – Yoga Instructor/Lead Teacher
- Atmananda Yoga (New York, NY) – Yoga Instructor
- Professional Development- yoga and stress management for teachers and parents (The Leadership Program- New York City Public Schools)
- Yoga Club at Long Island City HS, Bronx Math 375, and MS/PS 4
- Cypress Hills Senior Center– Yoga Instructor
(Brooklyn Arts Council, Brooklyn, NY)

Yoga, Body Work, and Meditation:

- Yoga practice for 15 years
- Completed 3 courses in Vipassana meditation
- Training in the following body and breath techniques: Alexander, Kundalini yoga, Feldenkrais and the Middendorf Breath Experience

Education

YogaWorks 500 hr Professional Teacher Training Program

RYT- **The Atmananda Yoga Sequence** (200 hour Teacher Training Program)

Yoga for At Risk Youth and Adults (Hala Khouri)

Yoga for Special Needs (20 hour Teacher Training with Every Kid's Yoga)

Yoga for Scoliosis (Elise Brown-Miller)

Restorative Yoga (Level I and II) –Jillian Pransky

MFA - **American Conservatory Theater** in San Francisco, CA

Special Skills

- Extensive background in the performing arts (teaching and performing)
- Kirtan chanting- trained singer and musician (guitar, flute, drums)
- Front Desk at Atmananda Yoga and YogaWorks (MindBody online)

References

Sonya Iannuzzi (Manager at YogaWorks) 914-591-9642

Patty Chang Anker (Special Needs Yoga) (914) 543-3966

