

Tina Wang
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tinawang.net/yoga

Mission Statement

To teach an alignment based Vinyasa yoga class with clear movement cues inspired by the oppositional movement awareness of Iyengar yoga technique and rich mental imagery reminders to support students to move from a greater awareness of the breath and joyful potential.

Training

Certificate of (200-Hour) Completion in Vinyasa Flow Yoga from **The Yoga Room, NY**
Certificate in Professional Contemporary Dance Performance from **Peridance Center, NY**
Bachelor of Arts in Dance from **Washington University in St. Louis, MO**

Relevant Experience

Tina Wang Moves ▪ New York, NY ▪ November 2016– Present

Yoga Instructor

- Maintain technical capabilities by taking five hot yoga, Iyengar and Vinyasa classes a week
- Teach one to two one-hour classes a week to the immigrant community

The Moving Company ▪ Brooklyn, NY ▪ January 2013– Present

Yoga Instructor/Teaching Artist

- Teach warm-up classes inspired by yoga asana to prepare company members for rehearsals
- Verbalize movement initiations and transitional qualities during company rehearsals

Other Experience

Fluent City ▪ Brooklyn, NY ▪ December 2016– Present

Chinese Tutor

- Teach adult students privately in Mandarin-Chinese conversation, reading, and writing
- Plan individualized lessons with the Integrated Chinese Part 1 and 2 curriculum

Skills

- First Aid, CPR/AED certified via **The Red Cross** online
- Windows and Apple OS system, Microsoft Word and Excel, MINDbody application, Social Media (Facebook and Instagram); Photoshop, InDesign