



Kendra Raymond
Owner/Private Instructor - Me Time Yoga
kraymond@me-timeyoga.com
978-766-0365

RELEVANT EXPERIENCE

Owner - Me Time Yoga: *April 2010-Present*

- Operate traveling studio to deliver private wellness training to individuals, small groups and corporations at their location.
- Provide versatility of teaching styles to suit clientele.
- Work with clients to build an appropriate lesson plan based on goals such as healing, building strength, gaining flexibility, improving balance and/or quieting the mind.
- Recommend strategies for clients to continue to develop and explore their wellness practice through either private sessions, creating a home practice or attending suggested studio classes.

Instructor - North Shore Yoga Studio/Energy Inspired Fitness: *September 2011-Present*

- Instructor for regular weekly therapeutic and children's yoga classes on studio schedule.
- Help owner attain new business via marketing and public relations strategies.

Instructor - Mantra Yoga Studio: *January 2014-February 2015*

- Instructor for regular weekly flow and teen yoga classes on studio schedule.
- Help owner attain new business via marketing and public relations strategies.

Yoga Director/Lead Instructor - Everyday Fitness: *January 2011-January 2013*

- Responsible for instructing weekly flow classes and developing class schedules, workshop offerings and various class sequences for students ranging from beginning to advancing practitioners.
- Recommended appropriate equipment inventory, schedule offerings and specialty workshops.
- Interviewed and evaluated new teachers for an appropriate fit to styles and clientele.

Lead Instructor - Be Yoga Fit: *February 2010-January 2011*

- Acted as lead instructor for five regular weekly power yoga classes on studio schedule
- Coordinated workshop offerings and schedules
- Helped owner attain new business via marketing and public relations strategies.

CERTIFICATION & ACCREDITATION

- 200hr Registered Yoga Instructor with The Yoga Alliance: *March 2010-Present*
- 200hr Yoga Teacher Training yogaspirit(R) Studios: *Graduation: March 2010*
- Inspired PranaVayu accelerated teacher under David Magone: *August 2012*
- Yoga Therapeutics Certified by Kreg Weiss: *February 2013*
- WSUPA Certified Paddleboard Instructor: *July 2013*
- STOTT/Merrithew TotalBarre Certified Fitness Instructor: *November 2014*
- ACSM Certified Personal Trainer: *December 2015*

For additional background, client testimonials and overall teaching philosophy please visit www.me-timeyoga.com or www.facebook.com/metimeyoga