

# Renita Bevilacqua

Yoga Coach

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📍 12 Cumberland Ave,  
Portland, ME 04101

## Education

**Yoga Teacher Training  
Certification at Kripalu  
Center for Yoga & Health,  
Stockbridge, MA**

Sep 2015 - May 2019

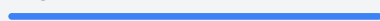
I am able to effectively teach yoga to students of all levels, emphasizing proper alignment and breath work.

## Links

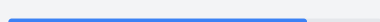
[linkedin.com/in/renitabevilacqua](https://www.linkedin.com/in/renitabevilacqua)

## Skills

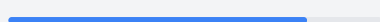
Yoga



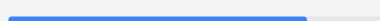
Meditation



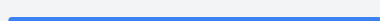
Health and Wellness



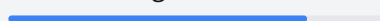
Fitness



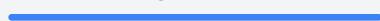
Nutrition



Stress Management

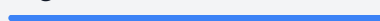


Life Coaching

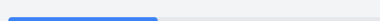


## Languages

English



French



## Profile

I am a Yoga Coach with over 3 years of experience. I have helped people of all ages and abilities to improve their flexibility, strength, balance and overall wellbeing. I am passionate about helping others to reach their potential and feel the best they can in body and mind. My classes are tailored to each individual's needs, whether it be for relaxation or rehabilitation purposes.

## Employment History

### Yoga Coach at Om Base, ME

Apr 2022 - Present

- Trained 100 yoga students.
- Taught 500 yoga classes.
- Led 10 yoga retreats.
- Wrote 2 books on Yoga.
- Appeared in 3 magazines articles about Yoga.
- Helped 5 people with private one-on-one coaching.

### Assistant Yoga Coach at The Yoga Room, ME

Aug 2019 - Mar 2022

- Led a team of 4 yoga coaches and assistants in daily operations.
- Trained new hires on policies and procedures.
- Assisted customers with scheduling and questions about class offerings.
- Coached beginners through private sessions and group classes.
- Led weekly meditation circles for employees.

## Certificates

### Registered Yoga Teacher (RYT)

Nov 2020

### Certified Yoga Therapist (CYT)

Jul 2019

## Memberships

American Council on Exercise

National Exercise Trainers Association