

Marlen Paruch

Yoga Guide

✉ marlen.paruch@gmail.com

☎ (213) 753-0958

📍 1801 Vine St, Louisville, KY 40203

EDUCATION

Yoga Guide Certification at University of Kentucky

Aug 2015 - May 2019

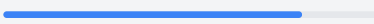
I have learned how to teach and guide people through yoga poses and meditation.

LINKS

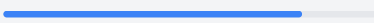
[linkedin.com/in/marlenparuch](https://www.linkedin.com/in/marlenparuch)

SKILLS

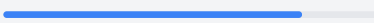
Yoga



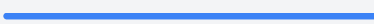
Meditation



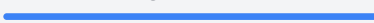
Breathing Exercises



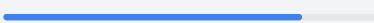
Relaxation Techniques



Stress Management

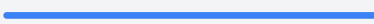


Health and Wellness

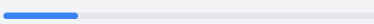


LANGUAGES

English



Urdu



HOBBIES

Organic Gardening

Knitting

Baking

PROFILE

I am a Yoga Guide with over 3 years of experience. I have helped many people to improve their health and wellbeing through yoga. I am passionate about helping others to achieve their goals, and I firmly believe that yoga is an excellent way to do this. In addition to my passion for yoga, I am also very experienced in customer service and have worked with people of all ages and backgrounds.

EMPLOYMENT HISTORY

● Yoga Instructor at Blue Moon Yoga, KY

May 2022 - Present

- Led a class of 30 students in yoga and meditation techniques that resulted in increased energy and concentration levels for participants.
- Successfully completed 200-hour certified teacher training program.
- Taught weekly classes at the community center to people of all ages, resulting in improved flexibility and reduced stress levels for attendees.
- Created an online course on beginner yoga that has been viewed over 10,000 times.
- Organized a charity event where proceeds went towards building a school in Nepal which provided education to underprivileged children.

● Yoga Teacher at Harmony Yoga, KY

Sep 2019 - Mar 2022

- Taught an average of 20 yoga classes per week.
- Led a 200-hour teacher training program.
- Wrote a book on yoga philosophy and practice.
- Created an online course on meditation and mindfulness.
- Helped design and launch a new line of eco-friendly yoga mats.

CERTIFICATES

Certified Yoga Instructor

Sep 2020

Certified Meditation Instructor

Nov 2018

MEMBERSHIPS

American Council on Exercise

National Exercise Trainers Association