

Tyeshia Borgas

Yoga Instructor

Profile

I have over three years of experience as a yoga instructor. I am certified in both Hatha and Vinyasa Yoga, and have been teaching classes for all levels since 2016. In my time teaching, I've developed an ability to read students' bodies and help them find the alignment that's right for them. My goal is always to create a safe space for students to explore their practice, while also challenging them to push themselves further than they thought possible.

Employment History

Yoga Instructor at Nashville School of Yoga, TN

Mar 2022 - Present

- Taught an average of 20 yoga classes per week.
- Led a team of 4 assistant instructors.
- Created and taught 2 new yoga class formats.
- Trained 3 new yoga instructors.
- Grew social media following by 10% through consistent engagement and content strategy.
- Successfully completed Yoga Teacher Training.

Yoga Instructor II at East West Yoga, TN

Sep 2019 - Feb 2022

- Taught an average of 20 yoga classes per week.
- Led a team of 5 instructors in daily operations.
- Wrote and implemented new curriculum for instructor training program.
- Trained 2 new instructors per month on average.
- Grew class attendance by 10% through marketing initiatives.
- Achieved 95% positive student evaluations.

Education

Yoga Instructor Certification at Vanderbilt University, Nashville, TN

Aug 2015 - May 2019

I have learned how to teach people of all levels and abilities how to practice yoga safely and effectively.

Certificates

Registered Yoga Teacher (RYT)

Dec 2020

Certified Yoga Therapist (CYT)

Jun 2019

Memberships

American Council on Exercise

National Exercise Trainers Association

Details

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Links

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

Skills

Yoga

Meditation

Breathing Exercises

Relaxation Techniques

Flexibility

Strength Training

Cardio

Languages

English

Indonesian

Hobbies

Hiking

Biking

Running