

Karianna Stophel

Yoga Practitioner

Profile

Details

karianna.stophel@gmail.com

(494) 628-6606

742 Evergreen Terrace, Springfield, IL 62701

I am a certified yoga practitioner with over three years of experience teaching and leading classes. I have extensive knowledge of various yoga styles, including Ashtanga, Vinyasa, Kundalini, and Hatha Yoga. My classes focus on breath work, alignment, and relaxation techniques to help students achieve their fitness goals. I am also experienced in providing private instruction and consultations to clients seeking guidance with their practice outside of the group setting.

Employment History

Yoga Practitioner at Yoga by Degrees, IL

Jun 2022 - Present

- Led a group of 20 students in daily yoga practice for 3 months.
- Taught beginner, intermediate, and advanced classes on various aspects of yoga including asanas (poses), pranayama (breath work), meditation, and philosophy.
- Assisted individual clients with developing and progressing their personal practice according to their goals and needs.
- Created an effective social media marketing campaign that increased class attendance by 15%.
- Wrote a 200-page e-book on the history, theory, and practical application of yoga.

Yoga Instructor at The Yoga Room, IL

Jul 2019 - May 2022

- Successfully completed 200-hour yoga teacher training.
 - Taught 500+ classes with positive feedback from students.
 - Created and led successful 10-week beginners' Yoga course.
 - Successfully completed 50 hours of continuing education in various aspects of Yoga.
 - Assisted senior citizens with individualized attention to help them practice safely.
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Education

Yoga Practitioner Certification at Columbia College Chicago

Sep 2015 - May 2019

I have learned how to teach yoga, how to do different yoga poses, how to meditate, and how to breathe properly.

Links

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