

Carrie Tommila

Yoga Teacher

Profile

I am a certified yoga teacher with over three years of experience teaching group and private classes. I have a passion for helping people achieve their fitness goals, whether it be to lose weight, gain flexibility, or simply feel better overall. My classes are tailored to each individual's needs and abilities, and I always emphasize proper form and alignment in order to prevent injury. In addition to my yoga certification, I am also CPR-certified.

Employment History

Yoga Teacher at Namaste Wellness, WY

Apr 2022 - Present

- Taught yoga to over 500 students.
- Led 100+ yoga retreats.
- Wrote a bestselling book on Yoga.
- Appeared on television and in magazines as a leading authority of Yoga.
- Trained 50+ new yoga teachers.

Yoga Instructor at The Lotus Center, WY

Aug 2019 - Mar 2022

- Taught 300 yoga classes over the span of 5 years.
- Led 10 successful 200-hour Yoga Teacher Trainings.
- Wrote and published a book on yoga philosophy that sold 1,000 copies in its first year.
- Gave 50 workshops on various topics related to yoga and wellness.
- Created an online course that has been taken by 2,000 students from all over the world.

Certificates

Registered Yoga Teacher (RYT)

Feb 2021

Certified Yoga Therapist (CYT)

Feb 2020

Memberships

American Yoga Association

Yoga Alliance

✉ carrie.tommila@gmail.com

☎ (867) 871-6105

📍 826 WY-220, Laramie, WY 82070

Education

Yoga Teacher Training Certification at Laramie County Community College, WY

Aug 2015 - May 2019

I have learned how to teach a safe and effective yoga class while respecting the individual needs of each student.

Links

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

Skills

Yoga

Meditation

Breathing Exercises

Relaxation Techniques

Anatomy and Physiology of Yoga

The History of Yoga

Languages

English

Indonesian

Hobbies

Hiking

Tennis

Golf