



Geni Nastase

Yoga Therapist

I am a certified yoga therapist with over three years of experience helping individuals with various health conditions improve their quality of life. I have worked with clients who are suffering from chronic pain, fatigue, anxiety, and depression. My approach is tailored to each individual's needs and goals. I believe that everyone has the ability to heal themselves through mind-body practices such as yoga.

geni.nastase@gmail.com 

(611) 427-1113 

5643 Maple St, New Orleans, LA 
70117

Education

Yoga Teacher Training Certification at Yoga Teacher Training Certification in state IN:

Sep 2015 - May 2019

I have learned how to teach
yoga, how to do yoga, and how
to live a yogic lifestyle.

Links

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

Skills

Yoga



Meditation



Massage Therapy



Physical Therapy



Occupational Therapy



Nutrition



Languages

English



Urdu



Employment History

Yoga Therapist at Back on Track Wellness, IN

Apr 2022 - Present

- Successfully implemented a new yoga therapy program that resulted in a 20% reduction in patient stress levels.
- Designed and led weekly group yoga sessions for patients with chronic pain, resulting in an average of 30% decrease in pain levels.
- Successfully completed 500 hours of specialized training in yoga therapy.
- Created individualized yoga programs for 100+ patients with various conditions ranging from anxiety to cancer.
- Facilitated weekly meditation classes that helped participants achieve an average 25% reduction in symptoms of anxiety.

Yoga Instructor at Bikram Yoga Indianapolis, IN

Aug 2019 - Mar 2022

- Taught yoga to over 1,000 students.
- Led 200-hour yoga teacher training program.
- Wrote and published a book on yoga.
- Opened own successful yoga studio.
- Appeared in national media outlets (e.g. Huffington Post, Yoga Journal).

Certificates

Registered Yoga Teacher (RYT)

Jul 2021

Certified Yoga Therapist (CYT)

Mar 2020

Memberships

American Yoga Association

International Association of Yoga Therapists