

# Autumn Adams, RYT 500

Yoga Instructor

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## TEACHING EXPERIENCE

**Ambuja Yoga** 4/2014-Present: Owner, Private, Small Group, Wedding Yoga & Retreats

**Juniper Yoga** 4/2014-Present: Yin, Vinyasa (Gentle Flow followed by Yin) & Hot Flow

**Broken Top Club** 7/2014-Present: Hatha Yoga, Gentle Yoga, Yin, and Vinyasa 2

**Max Fitness Bend** 12/2014-Present: Power Vinyasa, Vinyasa and Hatha Flow

**Fitness1440 North** 9/2014-Present: Substitute Instructor: Hatha, Gentle Yoga and Vinyasa

**Yoga Indigo** 6/2014-12/2014: Hatha Yoga and Gentle Vinyasa

## TRAINING AND CONTINUING EDUCATION

**300 Hr. Hatha-Vinyasa, Restorative and Yoga Nidra Training (12/2015)** with Everett Newell/  
Zuna Yoga at the Yoga Barn (Ubud, Bali)

**Gravity & Grace: Tools to Rewire the Subtle Body (04/2015)** with Peter Sterios at The Yoga  
Space (PDX)

Intuition & Balance - Real-time Right Brain Consciousness

Applying the Intuitive in your Practice

Longevity vs. Fitness - Seeking Balance Mentally & Physically

SPINE MECHANICS - Essential Anatomy and Functional Misconceptions

**Prenatal Yoga Teacher Training (12/2015)** with Shana Celnicker at The Bhaktishop (Portland)

**Evolution Core Strength Vinyasa Trained (04/2015)** with Sadie Nardini at Udemy (online)

**Yoga Teacher Training Module 3 (02/2015)** with Peter Sterios at Zen Yoga (Nicaragua)

Sequencing and General Teaching Styles

Therapeutics and Props

The Art of Adjustments

**Yoga with Rocky Workshop (02/2015)** with Rocky Heron at Yoga Pearl (Portland)

Inner Worlds

Align, Refine and Shine

Illuminating Intelligent Alignment

Expand

**Thai Yoga Massage Workshop (01/2015)** with Nicole Rainey (Bend)

**Yoga for Healthy Aging (11/2014)** with Baxter Bell at Namaspa (Bend)

De-stressing Yoga Practice

Yoga for Building Strong Bones

Yoga for Mental Agility

Yoga for Building Strong Muscles

**Yoga Anatomy Workshop (10/2014)** with Leslie Kaminoff at Yoga Union CWC (Portland)

Intro to Breath Centered Yoga in the Tradition of Desikachar and Krishnamacharya  
Exploring the Breathing Body in Yoga and Demystifying the Bandhas  
The Warrior Series: An Exploration of Breath-Centered Alignment Technique

**200 Hr. Hatha Yoga Teacher Training (4/2014)** with Jeannie Douglas at Yoga Indigo (Bend)  
**Northwest Yoga Conference (03/2014)** (Seattle)

Dynamic Mandala Flow: Tina Templeman

Life Surfing: Blissology, Yoga, and Life's Ultimate Question: Eion Finn

Neck, Shoulders, & Upper Back in Purna Yoga: Aadil Palkivala

Aim True: Kathryn Budig

For the Love of the Backbend: Jill Knouse

Earth. Body. Yoga.: Eion Finn

Yapana Yoga Therapy: Seeing is Teaching- A workshop for Yoga Teachers: Leann Carey

Yapana Yoga for Doing and Being- Restorative, Part 1: Leann Carey

Yapana Yoga for Doing and Being- Restorative, Part 2: Leann Carey

**Arm Balance Workshop (01/2014)** with Emily Gibbons Hartsell at Juniper Yoga (Bend)

**Regular Yoga Practice 2004-present:** Boston University, 24 Hour Fitness, Bikram Yoga-Johns Landing and West Linn), and Juniper Yoga.

## RELATED EXPERIENCE

**Candlelight Restorative + Yoga Nidra (9/2015 and 11/2015):** organized and hosted two 2 hour candlelight restorative yoga practices that included yoga nidra at Juniper Yoga (Bend, OR) and Broken Top Club (Bend, OR)

**Back to Nature Women's Yoga and Hiking Retreat (09/2014 and 07/2015):** organized and hosted an all-levels 3 day women's yoga and hiking retreat in Marcola, Oregon.

**Holistic Yoga Flow + Marma Point Workshop:** organized and taught an all levels yoga flow, with lecture on the marma points, their benefits and a marma point practice utilizing yoga blocks and tennis balls to release tension and create ease in the body at Max Fitness (Bend, OR)

**Nicaragua Yoga and Surf Retreat (2/2015-3/2015):** organized and hosted an all-levels 8 day yoga and surf retreat in San Juan del Sur, Nicaragua

**Restorative Yoga for a Healthy Immune System Workshop (11/2014 & 12/2014):** organized and led informational session about yoga and the immune system followed by a 75 minute restorative yoga session.

## OTHER EXPERIENCE

**Jazz, Ballet, Lyrical, Hip Hop, Modern Dance Competition:** Studio One Dance Academy, Bill Holden and Company, Oregon City High School, School of Oregon Ballet Theatre

**Modern Dance and Ballet:** Oregon City High School Dance Program/Team, Bill Holden and Company & The Boston Conservatory

**Choreography** for Oregon City High School Dance Team & Dance Classes

**Computer Skills:** Wordpress, Photoshop, Word, Excel, Karmasoft, Aloha, Register, and Micros

**Customer Service:** Restaurant Industry, Spa, and Retail

## **MEMBERSHIPS & EDUCATION**

**Yoga Alliance** Registered 200 Hr. Hatha Yoga Instructor

**Portland Community College** 2007-2009 Latin American Studies

**Boston University** 2002-2005 Pre-med (Physical Therapy) and Business