

Autumn Adams, RYT 200

Yoga Instructor

autumnadams4@hotmail.com

autumn@ambujayoga.com

www.ambujayoga.com

541.408.2884

TEACHING EXPERIENCE

Juniper Yoga 4/2014-Present: Yin, Yinyasa (Restorative Flow) & Vinyasa

TRAINING

Yoga Indigo 200 Hr. Teacher Training with Jeannie Laslo Douglas

Regular Yoga Practice 2004-present: Boston University, 24 Hour Fitness, YoYoYogi, Juniper Yoga, Groove Yoga, and The Yoga Lab

WORKSHOPS AND CONTINUING EDUCATION

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

Northwest Yoga Conference (03/2014)

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

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: The Boston Conservatory

Choreography for Oregon City High School Dance Team & Dance Classes

Computer Skills: Wordpress, Photoshop, Word, and Excel

Customer Service: Restaurant Industry, Spa, and Retail

Computer Software: Aloha, Register (Ipad), Micros

MEMBERSHIPS

Yoga Alliance Registered 200 Hr. Hatha Yoga Instructor

EDUCATION

Boston University 2002-2005

Portland Community College 2007-2009

