

Nazaahah A. Amin

E-RYT 200, RYT 500, YACEP

VINYASA | POWER FLOW | RESTORATIVE | CHILDRENS | PRE-NATAL

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Summary: Teaches therapeutic yoga with an emphasis on self-care, body acceptance, and community connection. Has a mission to use yoga as a tool for healing women of color and bringing mindfulness to children. Incorporates the healing properties of Ayurveda, earth medicine, aromatherapy, and art therapy.

EDUCATION

Master of Science in Yoga Therapy

Maryland University of Integrative Health, Projected Graduation 2019, Laurel, MD

300 Hour Advanced Teacher Training

Yama Yoga Collective, 2017, Timonium, MD

200 Hour Teacher Training

Lifeline Power Yoga Studio, Yama Yoga Collective, 2012, Towson, MD

AFFILIATIONS & CERTIFICATIONS

Yoga Alliance, member, 2017-present

Yoga Alliance Continuing Education Provider, 2017

International Association of Yoga Therapists, member, 2017-present

TEACHING EXPERIENCE

The Heart Nest Wellness Center; Baltimore, MD

Yoga Instructor, Workshop Facilitator, Beginner–Intermediate Vinyasa, 2011-present

- lead interactive and informative workshops on self-care, body appreciation, stress reduction, meditation, mindfulness, and vision boarding
- teach private one-on-one classes and wellness consultations
- instruct students in theme based classes and healing circles
- lead students in guided meditation, visualization, energetic movement and journaling

Baltimore City Public Schools; Baltimore, MD

Yoga Instructor, 2017-Present, Children's Yoga and Mindfulness Sessions

- instruct early learning students in theme-based sequencings through Ama Wellness' youth yoga programming and Creative Nomads' 'Where the Art Starts' program
- assist students in various poses, guided meditation, visualizations, energetic movement and art

- maintain open communication with classroom teachers
- teach small group classes for mindfulness and social engagement

Mamatoto Village; Washington, DC

Yoga Instructor, Restorative, Prenatal, 2016-2017

- instruct students in one hour long classes in basic restorative poses
- assist students in various poses based on their trimester and overall health
- instruct students in theme based classes and healing circles

Washington Nationals Youth Baseball Academy; Washington, DC

Yoga Instructor, 2016-2017, Childrens Yoga

- instruct students in theme-based sequencings at *Callaloo in the Classroom* program
- assist students in various poses, guided meditation, visualizations, energetic movement and journaling
- teach mindfulness-based art lessons to elementary students

Twist and Turns Body Fitness Studio; Washington, DC

Yoga Instructor, 2015-2016, Beginner–Intermediate Vinyasa

- instruct students in one hour long classes in basic sequencings and breathwork
- led morning sunrise classes to R&B, alternative and Kirtan music selections

MNPPC -Yoga in The Parks; Greenbelt, MD

Yoga Instructor, 2014-2016, Beginner Vinyasa

- instruct beginner vinyasa classes outdoors in PG county parks for DDC Total Health & Wellness
- lead students through breathwork, meditation and attuning to the rhythms of nature

Utkatasana Power Yoga Studio; Baltimore, MD

Yoga Instructor, 2012-2013, Beginner–Intermediate Vinyasa

- taught students intermediate, power and beginner classes in a heated studio
- led students in 60-90 minute classes through a series of challenging poses, breathing and vinyasa sequencings
- represented the studio at the *Times Square Summer Solstice Event* in NYC

SPEAKING ENGAGEMENTS

- “Yoga for Menopause”, Women’s Wellness Day; Philadelphia, PA, 2013
- “Yoga Relief for Breast Cancer” Breast Health Day; Baltimore, MD 2012, 2014
- “Yoga for Stress Relief”, Stress Relief for Moms; Baltimore, MD 2015
- “Yoga for Mothers”, Water for the Soul; Brooklyn, New York, 2016
- “Yoga for PTSD”, Coalition for the Justice for Muslims, Reisterstown, MD, 2016
- “Yoga for AIDS”, RAHMA Retreat for HIV+ Muslims, Washington DC, 2016

VOLUNTEER INSTRUCTION

- Summer Camp at the Alima Institute, 2013
- PGMA Women's Wellness Day, 2013
- Thomas Johnson Elementary School Afterschool Program, 2012
- Black Girls RUN!, 2012
- Carmelo Anthony Youth Development Center; 2011, 2012

YOGA WORKSHOPS/ PROFESSIONAL CONFERENCES

ATTENDED

- *Santosha 101*; Charm City Yoga
- *Back to the Basics, Grace in Poses*; Lifeline Power Yoga
- *Love in Action*; Baltimore Yoga Village
- *Black Yoga Teacher Alliance's Inaugural Conference*; Kripalu Institute