

katie rains



mission statement

As a yoga instructor, I aim to help students connect to their personal power, in both body and mind, to create the life of their dreams. As a human being, my goal is to develop community through building relationships that honor and support all impacted.

contact

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@gracefullikeawalrus

skills

Yoga Styles

- Power Vinyasa
- Hot Hatha
- Yin

MINDBODY App

- Student Check-in
- Yoga Package & Product Sales

Digital Marketing

- Social Media
- Mail Chimp
- WordPress
- Graphic Design
- Photography

Microsoft Office Suite

- Word
- Excel
- Publisher
- Power Point

Adobe Creative Suite

- InDesign
- Photoshop
- Illustrator

References available upon request.

education & training

BA - Media & Theater Arts

Montana State University - Bozeman, MT
Graduated Suma Cum Laude May 2004

200 Hour Power Yoga Teacher Training

CorePower Yoga, West Loop - Chicago, IL, April 2018

50 Hour Extensions Program

CorePower Yoga, West Loop - Chicago, IL, May 2018

Reiki Level I

Reiki Master & Teacher April Powers, April 2018

CPR Certification

February 2019

experience

Vinyasa Yoga Teacher

Studio 36Om - Silverdale, WA
Beginning March 2019

Vinyasa Yoga Teacher

ChiroOne Wellness Centers - Chicago, IL
June - August 2018

Vinyasa Yoga Teacher

Bridgeport Community Yoga - Chicago, IL
June - September 2018

Studio Experience Team

CorePower Yoga - West Loop - Chicago, IL
January - November 2018