

ERIC @ FULL LOTUS FITNESS & HEALTH

• 250-886-YOGA (9642) • www.fulllotus.ca • Victoria, BC, Canada

RELEVANT EDUCATION AND TRAINING

- **Yoga Teacher Training (Yoga Alliance ERYT-200)** – *Arhanta Yoga Ashram*, India, 07/2011
- Learned Classical Hatha Yoga in the lineages of Swami Sivananda & Vivekenanda
- **Personal Trainer Certifications (BCRPA)** – *Body Blueprint*, Victoria BC
- Older Adults (08/2018), Personal Training (01/2018), Weight Training & Fitness Theory (07/2017)
- **Thai Massage Training** – *Panchendriya (Prabhat Menon)*, Kerala India, 05/2014 to 06/2014
- **Counsellor Training** – *Citizen's Counselling*, Victoria BC, 09/2017 to 06/2018
- **Standard First Aid and CPR-C** – *Alert First Aid*, Victoria BC, expires 08/2020
- **Diploma in General Studies** – *Thompson Rivers University*, BC, 01/2019
- **Anatomy and Physiology Courses**
 - Human Movement for Rehabilitation – *University of Alberta*, 01/2019 to 04/2019 (A)
 - Issues in Health Care – *Thompson Rivers U. Open Learning*, 09/2018 to 12/2018 (A+)
 - Exercise Physiology w/ Prof. Tony Webster – *Camosun College*, Victoria BC, 09/2017 to 12/2017 (A+)
 - Human Physiology w/ Prof. Geoff Morris – *Camosun College*, Victoria BC, 05/2017 to 06/2017 (A+)
 - Anatomy for Health Care Professionals – *Thompson Rivers U. Open Learning*, 09/2016 to 12/2016 (A+)
- **Meditation and Philosophy Retreats**
 - Raja and Bhakti Yoga – *Bihar School of Yoga*, Munger India, 04/2014 (14 days)
 - Tibetan Buddhism – *Tushita Meditation Center*, Dharamsala India, 03/2014 (10 days)
 - Goenka's Vipassana Meditation - *Dhamma Vikasa Centre*, Lyu-Guei Taiwan, 01/ 2012 (10 days)
- **Reiki Level 1 / Sound Healing** – *Osho Anand Center / Kailash Yoga*, Nepal / India, 03/2014 to 04/2014
- **Bachelor of Environmental Sciences** – *University of Guelph*, Guelph Ontario, 02/2006

WORK EXPERIENCE (EDITED FOR RELEVANCE)

- **Trainer/Yoga Teacher/Massage Practitioner** – *Full Lotus Yoga*, Victoria BC, 11/2014 to present
 - Designs and implements custom workout programs for clients of all ages and abilities
 - Teaches yoga with clear language, creative sequencing, focused attention and anatomical knowledge
 - Offers Thai Massage, a fully clothed and table-free combination of acupressure and assisted stretching
- **Musical Accompanist** – *Moksana Yoga*, Victoria BC, 08/2017 to 11/2018
 - Sang and played guitar and harmonium to accompany a weekly vinyasa yoga class
- **Yoga Teacher for Adults with Disabilities** – *Lifetime Networks*, Victoria BC, 01/2016 to 06/2017
 - Led trauma-sensitive, extensively adapted yoga classes for differently abled clients
- **Assistant Yoga Teacher Trainer** – *Fernwood Yoga Den*, Victoria BC 02/2016 to 05/2016
 - Offered training in adjustments and Thai massage to aspiring RYT-200s
- **Yin / Vinyasa Yoga Teacher** – *Templed Mind Studio*, Fernwood Victoria BC, 01/2015 to 04/2015
- **Assistant Asana Teacher** - *Arhanta Yoga Teacher Training*, Khajuraho India, 02/2014
 - Worked with high-level teacher trainers, providing adjustments and advice to RYT-200 students
- **Yoga Teacher and Studio Manager** - *Full Lotus Yoga*, Taichung Taiwan, 08/2011 to 02/2014
 - Founded a yoga brand and studio, earning the E-RYT title with nearly three years of steady teaching
 - Managed a team of four yoga teachers, branding and sales and marketing, and a beautiful studio space
 - Raised over \$1300 for school supplies and plumbing upgrades at Nepali elementary schools (05/2014)
 - Organized and led two long-weekend yoga retreats (01/2013, 04/2013) and several beginner's courses

THANK YOU FOR READING
