



# Laura Mace

## YOGA INSTRUCTOR

As a lifelong student, I bring a playful spirit and intentional lesson design to every class. I have been practicing yoga for fifteen years, and teaching for three. I also draw on a decade of experience as a school teacher and course designer to craft quality classes to invigorate the mind, body and soul.

## CONTACT

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lauracmace.com/shewolfblog/

## SKILLS

- Anusara Elements™ sequencing and alignment principles
- Retreat, program and curriculum design
- Vinyasa and power vinyasa, restorative and self-massage
- Meditation instruction (Zazen and Vipassana)
- Prenatal Yoga principles



Anusara®



Elements

## EDUCATION

200 Hour Anusara Elements™ Teacher Training - RYT 200  
*Annie Jacob, Yoga Tonic - Salida, Colorado*  
May 2018

University of Colorado  
*Bachelor of Arts - History*  
December 2010

## YOGA INSTRUCTION

Yoga Instructor, Webmaster  
*Yoga Bliss Schenectady*  
October 2019 - June 2020

- Core Flow
- Gentle/Basics
- Website design and management

Instructor  
*hOMe Collective Yoga Studio*  
July 2018 to January 2019

- Core Flow
- Power Vinyasa
- Gentle/Basics
- Social media outreach

Instructor  
*Indi Yoga Studio - Denver*  
October 2018 to Present

- All-Levels
- Power Vinyasa
- Gentle/Basics

## RELATED EXPERIENCE

### Middle & High School Educator

*Creighton Middle School, Taos High School*

Spring 2012-Present

- Social Studies, English and Gifted and Talented Specialist Endorsements
- Advocate and facilitator for mindfulness in the classroom
- Speech and Debate Coach, department chair
- Online course creation at district level

### Sage Youth Meditation Leader

*Sage Institute for Creativity and Consciousness, Taos, NM*

October - August 2009

- Led weekly meditation sessions
- Organized month-long non-resident mindfulness retreat
- Organized and scheduled talent for creativity and mindfulness workshops
- Fundraising

## REFERENCES

- Amanda Guzzo
  - Yoga Bliss Instructor, social media manager
  - [mandeeguzzoyoga@gmail.com](mailto:mandeeguzzoyoga@gmail.com)
- Claire LeLait
  - RYT 500 Instructor, Indi Yoga
  - [clairelelait@gmail.com](mailto:clairelelait@gmail.com)
- Jolie Lone -
  - Assistant Principal, Creighton Middle School
  - [jolie.lone@jeffco.k12.co.us](mailto:jolie.lone@jeffco.k12.co.us)
- Sean Murphy -
  - Director, Sage Institute for Creativity and Consciousness
  - <http://www.murphyzen.com>,  
[swmurphy@zianet.com](mailto:swmurphy@zianet.com)

\*I carry RYT instructor liability insurance through Alliant. Policy Number YOGAI493774-4.