



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
- Claire LeLait
 - RYT 500 Instructor, Indi Yoga
 - clairelelait@gmail.com
- Jolie Lone -
 - Assistant Principal, Creighton Middle School
 - jolie.lone@jeffco.k12.co.us
- Sean Murphy -
 - Director, Sage Institute for Creativity and Consciousness
 - <http://www.murphyzen.com>,
swmurphy@zianet.com

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