

Phillip Anderson

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RT

Relevant Experience

CorePower Yoga Power Instructor 05/2013-present

Embedding myself in CPY culture to serve as an authentic yoga and reflection of the values and mission that CorePower goes by. Teaching wonderfully inspired classes that are well thought out, consistent, accessible, and enjoyable for all levels of students from various walks of life. While remaining open to feedback and recognizing my strengths simultaneously.

Power Yoga And Hatha Instructor at Powerhouse Gym Chatsworth 03/1/2013

Beginning with one class on a trial bases that growing into a permanent instructor due to positive member feedback and consistently being available to be a flexible team player through subbing. Creating a fun, challenging, yet accessible class for students of all levels.

Private Yoga Instructor

Creating individual plans for different clients needs to help reach their personal goals. Guidance in breathing techniques and posture alignment.

Teacher Trainer Co-Lead Encino

Co-Lead and facilitated Core Power teacher training in fall. With Kristie Rose

Core Power Boot Camp Coach

Lead Students in a 2-week circuit training exercises while in cooperating yoga aspects.



Education

CorePower Yoga 200 hour training

06/2012-8/2012

Course training included practice teaching, posture/cue development and succinctness, lectures on various yoga related topics including, but not limited to; anatomy, 8 limbs, chakras, rhythm and flow, CPR, etc.

CorePower Yoga Extensions

08/2012

Continuing education to experience the full enchilada of CPY training including, but not limited to: CPY 5, intelligent sequencing, confidence in voice, advanced adjustments, and themeing.

Core Restore 08/2013-present

Yin style yoga that focus on holding postures for longer periods of time, focuses on gently stretching and healing connective tissue. Using no muscular engagement to allow the body to align naturally. Targeting connective tissue, ligaments, bones joints and fascia.

Yoga Sculpt 8/2013-present

Currently in training, High-energy class intend to help support and build cardiovascular endurance, boosting metabolism while building lean muscle. By adding free weights with elements of a C.2 class.

Skills

MindBody Online(excellent), Retail Pro(excellent), Salesforce(intermediate), POS retail system (excellent) Microsoft Programs (intermediate) Apple software/hardware (excellent) fitness enthusiast, avid hiker, biker, kayaking, CPR certified,.