



DANIEL SCHLEIG

Certified Yoga Teacher, 200hr

CONTACT

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AVAILABILITY

Mon-Tue: before 8a, after 6p

Thu-Fri: before 8a, after 6p

Sat: 8a-6p

Sun: 12p-6p

* availability subject to change

SKILLS

- Modern Yoga Sequencing, Techniques, & Philosophy
- Positive, Approachable, & Courteous Listener
- Empowering Leader
- Knowledge of Plant-Based Nutrition
- Proficient Technical Expertise

VOLUNTEERING

- Instructed All-Levels Yoga Class to General Public for "Charity Water" Event
- Higher Achievement Middle School Mentor

EDUCATION & CERTIFICATION

TEACHER TRAINING 200-HOUR

YogaWorks, Baltimore, MD

Fall 2019

CPR CERTIFIED

Adult and Pediatric First Aid/CPR/AED

ASSOCIATE DEGREE

TESST College of Technology, Beltsville, MD

Electronics, Computers, Telecommunications, 2009

YOGA

YOGA TEACHER

TF Living, Baltimore, MD

January 2020 - Present

- Lead all-levels Vinyasa based group classes twice a week
- Instruct students of all body types and fitness levels
- Develop customized programs and positional adjustments that increase safety, awareness, fitness, and well-being
- Design unique sequences every week based on student requests and interest, incorporating both Asana and Pranayama
- Maintain positive and motivational relationships with students

PRIVATE YOGA TEACHER

Baltimore, MD & Washington, DC

Fall 2019 - Present

- Provide customized training programs to all ages and levels of capabilities, with a focus on achieving personal goals
- Meet with clients in person and virtual through use of technology
- Create and upload Yoga videos to personal Youtube channel

IN-TRAINING INTERN (TEACHER TRAINING)

YogaWorks, Baltimore, MD

Fall 2019

- Interfaced closely with Teacher Trainers and Program Advisor
- Assisted with in-training logistical and administrative duties
- Organized and hosted weekly study sessions for students

WORK EXPERIENCE

IT System Engineer (Full Time) 2018 - Present

Rendia, Inc., Baltimore, MD