

Amie Lytle
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www.yogawithamie.com

Professional Objective: To share the healing powers of yoga in an environment where my students can challenge themselves to play to their edge while feeling safe and empowered.

Teaching:

The Corner Studio (Medford, MA)

Teaching *All Levels~Vinyasa* and *Yoga Basics* as well as several yoga and massage workshops. Additionally, she offers Thai Yoga Massage with private clients and assists yoga workshops. (12/2014-present.)

Boston Sports Club (Boston, Somerville, MA)

Teaching *Vinyasa Flow* in the following BSC gyms: South End, Fenway, Boylston, Beacon, Davis Square. (1/2013-present.)

Starr Yoga (Roslindale, MA)

Teaching Starr Flow and Flow and Restore as well as several yoga workshops. (1/2017-present.)

Brooklyn Boulders (Somerville, MA)

Teaching *All Levels* and substitute teaching all yoga classes. (9/2014-10/2017.)

Quiet Mind Studio (Wellfleet, MA)

Teaching *Strong Flow* and *Slow Flow* 2-3x a week on Cape Cod (6/13-present.)

Volunteer/Related Experience:

AIDS Action (Boston, MA)

Substitute teaching Slow Flow classes in Jamaica Plains at AIDS Action. 2013.

Hour Children (Brooklyn, NY)

Teaching Vinyasa Flow (all levels) at Hour Children, Rehabilitation Center for formerly incarcerated women in Queens, NY. Spring-Fall 2012.

Training:

Frog Lotus Yoga (Wolfe Island, Canada)

200 YTT in Power Vinyasa Flow with Jennifer Yarro. (September 2012.)

Triple Gem School of Thai Massage (North Adams, MA)

Foundations of Thai Yoga Massage and Thai Yoga II with Jennifer Yarro. (October '12, May '13.)

East West Massage Therapy School (Watertown, MA)

Traditional Thai Massage- Level 1 with Slava Kolpakov. (October '15.)

Additional Workshops:

North End Yoga (A Journey through the Chakras, Shuli Burke, 2014)

Yoga Hope (Timbo Training, Hands on Healing with Sue Jones, 2013)

Aim True Workshop (Kathryn Budig, 2015)

Awards/Recognitions:

Recently listed among the "Top 12 Yoga Teachers in the Boston Area", Learnivore.com