

MARY CATHERINE STARR

www.marycatherinestarr.com

ADDRESS
ADDRESS 2

marycatherine@starrstruckblog.com
PHONE NUMBER

Trainings &

Certifications

- RYT 500/E-RYT 200**, *YogaAlliance*, December, 2012
- 500-hour Advanced Teacher Training**, Tranquil Space, Washington, DC, September, 2012
- Prenatal Teacher Training**, Tranquil Space, Washington, DC, October, 2010
- RYT 200 (Registered Yoga Teacher)**, *YogaAlliance*, May, 2010
- 200-hour Level 2 Certification**, Tranquil Space Yoga, Washington, DC, May 1, 2010

Teaching

Experience

Yoga Teacher, Tranquil Space, Washington, DC and Arlington, VA, June, 2010-November, 2013

- Taught 8-10 regular classes per week, including all-levels, advanced, beginners, Restorative, and Prenatal

Teacher Training Course Instructor, Tranquil Space, Washington, DC and Arlington, VA, August, 2011-November, 2013

- Led Level 1, Level 2, and Advanced Teacher Training sessions on a variety of subject matter
- Acted as a “Mentor” for a small group of teacher trainees, which included leading three small group sessions, grading all of their papers, providing guidance, and helping students prepare for their Final Teaching

Private Yoga Instructor, various clients, June, 2010- November, 2013

- Worked regularly with a wide variety of students, one-on-one
- Taught private yoga parties and semi-privates, as well

Corporate Yoga Instructor, various corporate clients, September, 2010-November, 2013

- Taught weekly corporate yoga classes in office settings throughout the DC area
- Taught three larger “Stress Management” sessions to foreign aid workers as a part of their annual training seminars

Yoga Instructor, City Fitness, Washington, DC, June, 2010-July, 2011

- Taught two 60-minute all-levels yoga classes on a weekly basis

Yoga Instructor, Washington Sports Club-Chevy Chase, Washington, DC, May, 2010-December, 2010

- Taught “Club Yoga,” a 90-minute all-levels class, on a weekly basis

Chair Yoga Teacher, Sunrise Senior Living, Washington, DC, February, 2010-August, 2011

- Volunteer position; Weekly Chair Yoga and Evening Meditation class taught to elderly and wheelchair-bound students

Specialty

Workshops

See attached list and descriptions.

Education Centre College, Danville, Kentucky
Bachelor of Arts in Studio Art and English, May 2007, *Magna Cum Laude*
• Phi Beta Kappa (Academic Honor Society)

Professional Experience **Teacher Director**, Tranquil Space, Washington, DC, April, 2012-November, 2013
Studio Director, Tranquil Space, Arlington, VA, November, 2011-July, 2013
Studio Manager, Tranquil Space, Arlington, VA, August, 2010-November, 2011
Job Developer, Educational Data Systems, Inc., Washington, DC, September, 2009-September, 2010
Account Manager, Mesmerize Marketing, New York City, October, 2007-August, 2009

Other Experience Panelist at Yoga Alliance Business of Yoga Conference: Teacher Management Roundtable
Named one of “8 Yoga Bloggers You Should Know” by *Washingtonian*
Advanced Teacher Training Thesis Paper & Presentation topic: Yoga & Body Image