

Courtney Gendron

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Summary

My goal is to provide yoga to those that would otherwise not practice yoga.

Experience



Volunteer

Amplify and Activate Charlotte

Jun 2020 - Present (4 months +)

Volunteer at Amplify and Activate Charlotte to offer free yoga classes for the month of July. Participated in the event "It's Hotter Than July."



Yoga Teacher

Pure Bliss Yoga, Massage and Holistic Healing

Feb 2020 - Present (8 months +)

Deep stretch yoga teacher at Pure Bliss Yoga.



Yoga Teacher

Yoga Barre LKN

Feb 2020 - Present (8 months +)

Deep Stretch Yoga teacher at The Yoga Barre LKN. Ability to teach classes via Zoom and using other technologies.



Yoga Teacher

LPL Financial

Dec 2019 - Present (10 months +)

Vinyasa yoga teacher at LPL Financial.



Yoga Teacher

Turn & Burn Fitness

Nov 2018 - Mar 2020 (1 year 5 months)

Yoga Teacher for yoga classes at Turn & Burn Fitness. I guide members through a Power Flow class and a Deep Stretch, 75-minute flow using intelligent sequencing. I've also volunteered my time to provide a vinyasa flow to warm up runners prior to the annual Turn & Burn Turkey Trot.

Education



Jheni Solis Wellness

200 Hr Yoga Teacher Training, Yoga Teacher Training

2017 - 2018

200 hr Yoga Teacher Training in the Tantra lineage

Licenses & Certifications



RYT - Yoga Alliance

271327



Adult and Pediatric First Aid/CPR/AED Certified - American Red Cross

Issued Jan 2019 - Expires Jan 2021



Accessible Yoga Amabassador - Accessible Yoga