

# Jazz Moe

Yoga Instructor

## CONTACT

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## EDUCATION

Completed Dec 2020

### 200 Hour Yoga Teacher Training

Maui Yoga Shala, Maui HI

2019-2023

### North Carolina State University

Bachelor of Graphic and Experience Design

## SKILLS

- Vinyasa Flow
- Restorative Yoga
- Power Yoga
- Core Yoga
- Paddleboard Yoga

## PROFILE

My name is Jazz and I am a highly enthusiastic and dynamic yoga instructor with 2 years of teaching experience. I am committed to providing instruction where each student feels empowered throughout the yoga sequence. I received my 200 hour Yoga Teacher Training at Maui Yoga Shala in 2020 and I am registered with yoga alliance. I have taught vinyasa flow, power, restorative, and paddleboard yoga.

## EXPERIENCE

### Flow + Vinyasa + Power Instructor at Carmichael Gym

North Carolina State University | January 2021 - Present

Raleigh, NC

- Taught more than 100 yoga classes with an average class size of 18
- Created classes that would benefit students of all levels
- Challenged students to sync breath with movement

### Restorative + Flow Instructor at 808 Yoga in Maui HI

808 Yoga | Summer 2021

Maui, HI

- Taught restorative and flow classes to middle-upper aged adults
- Created an environment where students felt challenged, supported, and safe

### Sub for Core Classes

North Carolina State University | January 2021 - Present

Raleigh, NC

- Subbed for core classes which included interval exercises targeting the abdominal and oblique muscles

### Paddleboard Yoga Instructor

North Carolina State University | January - May 2021

Raleigh, NC

- Taught beginners yoga on paddleboards focusing on balance, breath and harmony