JULIAN MERCER

YOGA INSTRUCTOR

San Francisco, CA | (415) 555-0148 | julian.mercer@email.com | linkedin.com/in/julianmercer

PROFESSIONAL SUMMARY

Yoga Instructor with 7+ years teaching vinyasa, power, and restorative classes in studio and club settings. RYT-500 teacher who builds loyal class followings, designs safe sequences for mixed-ability rooms, and supports studio growth through workshops and teacher training.

PROFESSIONAL EXPERIENCE

Lead Yoga Instructor Feb 2022 - Present
CorePower Yoga, San Francisco, CA

- Teach 12 to 14 heated and unheated classes a week, averaging 28 students per session in a 40-person room.
- Grew a Sunday morning slow-flow class from 9 to 24 regular attendees in eight months by adding a short breathwork opening and posting the sequence theme ahead of time.
- Lead the studio's 200-hour teacher training anatomy module for 18 trainees each cohort, pairing lecture with partner assisting practice.
- Cut injury-related class interruptions by building modification cues for wrists, knees, and lower back into every peak-pose sequence.
- Run quarterly two-hour workshops on inversions and backbends, selling out 20 of 22 spots on average.
- Mentor new substitute teachers through observed classes and written feedback before they take solo slots.
- Manage the substitute list and class swaps for a roster of 14 teachers in Mindbody, keeping every scheduled slot covered.

Yoga Instructor Jun 2019 - Jan 2022
Equinox, San Francisco, CA

- Taught vinyasa and mat Pilates-inspired flow classes to members at three Bay Area clubs, keeping average attendance above 85% of capacity.
- Shifted to live-streamed classes within two weeks of club closures in 2020 and kept 60 weekly online participants through the shutdown.
- Designed a 6-week stress and sleep series with the club's wellness manager that enrolled 45 members at a higher rate than prior programs.
- Used member feedback cards after class to refine pacing and music, lifting class ratings from 4.4 to 4.8 out of 5.

Group Fitness and Yoga Instructor Aug 2018 - May 2019
24 Hour Fitness, Oakland, CA

- Taught beginner yoga and stretch classes to members of all ages, building a 15-person weekly core group in the first quarter.
- Covered 20+ classes for absent instructors in nine months, which kept every scheduled slot staffed for the club.
- Used props, wall support, and chair variations to open classes to older adults and members returning from injury.

CORE SKILLS

Vinyasa sequencing | Restorative yoga | Hatha and power yoga | Pranayama and meditation | Anatomy and injury modifications | Hands-on assists | Workshop design | Teacher training | Class programming | Online class delivery | Music curation | Mindbody scheduling | Member retention

EDUCATION

Bachelor of Science in Kinesiology, San Francisco State University, San Francisco, CA

CERTIFICATIONS

RYT-500 Registered Yoga Teacher, Yoga Alliance | CPR/AED and First Aid, American Red Cross