

Sara Gottfried

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www.stretchyourselfyoga.com
1-508-838-0226

Professional Objective: I teach a strong and powerful Vinyasa flow that focuses on mindfulness and embracing the present moment. Students can expect a different and unique flow each time they step onto their mat. My goal is that students leave feeling confident, safe, and nourished, emotionally, mentally, and physically.

Certifications & Training:

200-Hour Registered Yoga Teacher

Jacqui Bonwell of Sacred Seeds Yoga School
Canton, MA, 2017

Children's Yoga Teacher

Kim Taylor of Cardio Kids Yoga
Norwood, MA, 2016

Balanced Athlete Level 1 Trainer

Johnny Gillespie of Balanced Athlete
Canton, MA, 2016

CPR/AED

2017

Prenatal Yoga Teacher (20-Hours)

Bec Conant of Om Births
Watertown, MA, 2017

Reiki Level 1 Practitioner

Erica Nunnally of Bija Institute
Cumberland, RI, 2018

Yoga & Mindfulness for Children (26-Hours)

Meg Durkin of Childlight Yoga
Cambridge, MA, 2018

Yoga & Mindfulness in Schools (15-Hours)

Meg Durkin of Childlight Yoga
Dover, NH, 2018

Trauma-Informed Yoga & Mindfulness for Children (7-Hours)

Rochelle Jewell of Childlight Yoga
Dover, NH, 2018

300-Hour Registered Yoga Teacher

Down Under School of Yoga
Brookline, MA, Anticipated 2019

Teaching Experience:

Children's Yoga Teacher

August 2017 – Present

Universal Power Yoga, Norwood, MA

- Teach yoga classes and camps for children ages 3-12
- Provide inclusive and nurturing environment

Adult Power Yoga Teacher

July 2018 – Present

Firefly Yoga, Foxboro & Westwood, MA

- Teach power and heated Vinyasa style classes
- Accommodate all levels and abilities
- Abide by studio rules and policies
- Teach children's yoga classes for ages 3-8 once a month

FIT Flow and FIT Power Yoga Teacher

January 2019 – Present

Fit Factory, Various Locations in MA

- Teach moderately-paced and fast-paced yoga classes
- Accommodate all levels and abilities
- Abide by gym rules and policies

Children's Yoga Teacher, Content Developer, and Blogger

June 2017 – Present

Flow and Grow Kids Yoga, New York and Massachusetts

- Teach after-school enrichment classes
- Develop curriculum that is sold by company
- Write mindfulness and yoga blog posts

***Additionally, I teach children's yoga classes and camps at various elementary schools and libraries**

Related Experience/Volunteer:

Children's Yoga Teacher

April 2016 – Present

Girls, Inc., Taunton, MA

- Voluntarily teach age-appropriate classes for girls
- Teach family yoga classes during fundraising events

New England Yoga Reaches Out Volunteer

April 2017 – Present

Yoga Reaches Out, Foxboro, MA

- Assist in allocating vendors for event
- Help set up event and organize booths
- Register participants

Awards/Recognitions:

Featured in:

[South Shore Yoga Collective](#)

[Boston Voyager](#)

[Sharon Wicked Local Newspaper](#)