

# HOLLY R. JAHN

E-RYT-200, RYT-500, BFA

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## CONTACT

HollyRJahnYoga@gmail.com

## EDUCATION

- Bachelors of Fine Art, Dance  
Rutgers University, USA 2002
- 300 hr Training — Hatha/Vinyasa  
Shiva Yoga Peeth, India 2016
- 200 hr Training — Hatha/Vinyasa  
Princeton Center for Yoga and  
Heath, USA 2011
- 100 hr Training — Yin Yoga  
Shanti Atma Yoga, Thailand 2018
- Your Spine, Your Yoga — Anatomy  
CEC 8 hrs, YogaInternational.com  
2019
- Mat Pilates Certification  
AFPA, USA 2015

## SKILLS

- Teaching multi-level & level-  
specific yoga classes
- Comfortable with a wide range of  
economic backgrounds
- Experience with different  
mobilities & health issues

Holly has been teaching movement, including dance, yoga and Pilates, collectively for over 25 years and holds a Yoga Alliance certification since 2011 with international experience and a Bachelors of Fine Arts in Dance from Rutgers University. Teaching strengths; Multi-level classes, intuitive vinyasa flows, detailed instruction, injury prevention, breath and movement integration.

## YOGA

SALT HOUSE, HIRIKETIYA, DICKWELLA, SRI LANKA – AUGUST 2018 - PRESENT

*Resident Yoga Instructor; Group classes. Weekly.*

Multi-level Hatha Vinyasa and Yin yoga classes. 1-23 pax

ANI VILLAS ANGUILLA, CERULEAN VILLA, & CAP JULUCA HOTEL, ANGUILLA, BW –  
2012-2018

*On Call Yoga & Pilates Instructor ; Group classes & Private sessions*

Multi-level Hatha Vinyasa; Mat Pilates. 1-15 pax

MALLIOUHANA AN AUBERGE RESORT & ZEMI BEACH RESORT, ANGUILLA, BWI –  
2012-2017

*Resident Yoga Instructor ; Group complimentary classes & Private sessions. Weekly.*

Multi-level Hatha Vinyasa. 1-20 pax

## DANCE

MULTIPLE DANCE STUDIOS & THEATERS, USA & ANGUILLA, BWI –1996-2017

*Instructor for students aged six (6) through adult & a teacher's teacher.*

Taught multiple styles; ballet, tap, jazz, modern, theatre, etc.

*Choreographer – Musicals, Dance Recitals, Dance Companies, Wedding dances, etc.*

*Professional Performer in both private and public appearances.*

