

Pam Tejes



Objective

Yoga is a practice and a lifestyle for me. I believe that asana, pranayama and meditation are powerful tools to a balanced, healthy and happy life. It is my desire to share my passion for yoga with others that are interested in discovering the benefits of a healthy lifestyle.

Summary of Qualifications

- Consistent personal practice of yoga
- Well developed interpersonal and communication skills
- Good organizational and time management skills
- Ability to safely train students and utilize props
- Excellent physical health and ability to perform exercises
- Trustworthy and dependable with proven track record of service

Professional Certifications and Credentials

200 Hour Teacher Training, Yoga Fire (Madison, AL)

Coursework compliant with Yoga Alliance guidelines and included techniques and training (asana/postures, pranayama, meditation, mantras, kriyas), teaching methodology, anatomy/physiology, ethics, and philosophy

300 Hour Teacher Training, Yoga Dharma Intensive Studies Program (Huntsville, AL)

Coursework compliant with Yoga Alliance guidelines with an emphasis on respect for tradition, appreciation for innovation, kinesiological precision (for safety and economy of movement), and the development of teaching skills that support each student's personal practice

CPR/AED/First Aid, American Red Cross

Loyola University Chicago, BS in Biology and 36 hours in Training and Development

University of Alabama in Huntsville, 12 hours in Health and Wellness

Memberships

Yoga Alliance - RYT500

Iyengar Yoga National Association of the United States

Teaching Experience

Connected Warriors

Huntsville Hospital Wellness Center

OLLI (Osher Lifelong Learning Institute) at UAH

University Fitness Center at UAH

Yoga Center of Huntsville

Other Activities and Interests

Kayaking, paddle boarding, cycling, hiking, golf, running, gardening, nutrition, and meditation