

# 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, E-RYT200, YACEP  
Iyengar Yoga National Association of the United States

## Teaching Experience

---

Connected Warriors  
Huntsville Hospital Wellness Center  
Light on Yoga Fitness  
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