

# HILLARY LORSCH

## YOGA THERAPY CANDIDATE

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### EDUCATION

**BA Journalism & Media Communication,  
Minor in Business Administration**  
Colorado State University  
August 2014 - December 2017

**International Association of Yoga  
Therapists Training Program**  
Scottsdale Community College  
August 2018 - June 2019  
**Prema Yoga Institute**  
September 2019 - Present

### CERTIFICATIONS

#### EXHALE TO INHALE

14-Hour Trauma-Informed Training

#### PREMA YOGA INSTITUTE

8-Hour Breath Coach Course  
12-Hour Yoga Nidra: Short Form  
50-Hour Functional Anatomy  
50-Hour Yoga for Osteoporosis  
25-Hour Yin Yoga Therapeutics  
25-Hour Functional Anatomy 2  
25-Hour Yoga Therapy for Cardiac Care  
25-Hour Sound Yoga Therapy  
100-Hour Yoga in Healthcare  
100-Hour Therapeutics Essentials  
100-Hour Ayurvedic Yoga Training

#### SCOTTSDALE COMMUNITY COLLEGE

4-Hour Prenatal  
12-Hour Children's Yoga

#### COREPOWER YOGA

200-Hour Power Yoga

### SUMMARY

Trustworthy, creative, and nurturing yoga instructor with a demonstrated enthusiasm and talent for therapeutic and values programming. Strengths include problem solving, empathy, and communication. Skilled in:

- Researching and Fact Checking
- Interviewing
- Listening and Collaborating
- Program Implementation and Training Delivery
- Adobe InDesign, Illustrator, Photoshop
- Time Management
- Problem Solving
- Adapting to Change
- Facilitating Meetings
- Weebly and Wordpress

### EXPERIENCE

#### NYU LANGONE HEALTH | February 2021 – Present

##### *Therapeutic Yoga Instructor*

- Implemented and planned a restorative series for postdocs.
- Offered a 30-minute Women in Science yoga class for stress management.

#### PREMA YOGA INSTITUTE, Practicum 1 | November 2020 – February 2021

##### *Therapeutic Yoga Instructor*

- Organized a group class for women with osteoporosis and suffering from insomnia.
- Created and implemented personalized yoga classes for students based on their needs and goals.
- Studied Dr. Loren Fishman's complete guide to yoga for osteoporosis and Swami Satyananda Saraswati's Yoga Nidra practice.
- Practicum focused on yoga for osteoporosis, Yoga Nidra, and breath coaching.

#### PREMA YOGA INSTITUTE, New York, NY | March 2020 – May 2020

##### *Children's Yoga Instructor*

- Led weekly 45-minute yoga classes on Facebook live for children ages 4-11.
- Taught breath exercises, yoga poses, yoga games, and guided meditation.

#### KULA FOR KARMA, New York, NY | February 2020 – March 2020

##### *Therapeutic Yoga Instructor*

- Delivered trauma-informed yoga classes for veterans.
- Planned sequencing that was inclusive to all body types with a mix of seated and standing poses, restorative poses, and meditation.

#### NAMASTE WELLNESS, New York, NY | September 2019 – March 2020

##### *Children's Yoga Instructor*

- Led weekly 45-minute yoga classes at East Harlem School for grades 4-8.
- Supported conversations around values and taught breath exercises, yoga poses, yoga games, and guided meditation.

#### JABZ BOXING FOR WOMEN, Scottsdale, AZ | November 2018 – March 2019

##### *Yoga Instructor*

- Taught weekly yoga classes for recovery and stress relief, consisting of 10 women per class.