

Anabelle Horwatt

Yoga Instructor

Profile

I am a certified yoga instructor with over five years of experience teaching classes to people of all ages and levels. I have developed a deep understanding of how the body moves and flows through different postures, which helps me to create safe and effective sequences for my students. I am also skilled in guiding meditation and breathwork practices, which can help people to find more calm and peace in their lives. In my teaching, I aim to provide each student with an opportunity to tune into their own bodies and explore what feels good for them – while still challenging themselves physically and mentally. My goal is always to create a space where students feel supported, respected, and encouraged to grow in their practice

Employment History

Senior Yoga Instructor at Yogaworks, GA

Feb 2022 - Present

- Led 100-person yoga class in largest park in city.
- Taught 200-hour Yoga Alliance certified teacher training program.
- Wrote and published 50 blog posts on various aspects of yoga.
- Organized and led 10 successful fundraising events for local charities.
- Gave private sessions to clients with specific needs such as weight loss, stress relief, injuries, etc.
- Volunteered weekly at a homeless shelter leading basic yoga classes.

Yoga Instructor at Corepower Yoga, GA

Aug 2017 - Dec 2021

- Successfully completed 500 hours of instructor training.
- Taught 1,000 yoga classes.
- Led 100 workshops and retreats.
- Certified in two additional styles of yoga beyond the 200-hour teacher certification (Ayurvedic Yoga Therapy and Prenatal Yoga).
- Authored a book on yogic philosophy.
- Worked one-on-one with over 50 students to help them reach their personal fitness goals.

Certificates

Registered Yoga Teacher (RYT)

Mar 2021

Yoga Alliance Continuing Education Provider (YA-CEP)

Feb 2020

Experienced Registered Yoga Teacher (E-RYT)

Sep 2018

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📍 2155 Thompson Drive, Atlanta, GA 30344

Education

Yoga Instructor:

200-hour Yoga Teacher Training Certification at Kripalu Center for Yoga & Health, Lenox, MA

Aug 2013 - May 2017

I completed my 200-hour Yoga Teacher Training Certification in school and am now a certified yoga instructor.

Links

[linkedin.com/in/anabellehorwatt](https://www.linkedin.com/in/anabellehorwatt)

Skills

Yoga asanas

Pranayama

Meditation

Bandhas

Mantras

Kriyas

Languages

English

Mandarin