

LAURA MATHESON, RYT

<http://yoga.2ndavenue.ca> | laura@2ndavenue.ca | (604) 488-4126

SUMMARY

I am a hatha, yin, and restorative yoga teacher with a long history of client-centred service and the desire to share the transformative power of yoga with others. I encourage students to find the ease within each posture rather than pushing or forcing towards an ideal of physical perfection.

EDUCATION & CERTIFICATION

Registered Yoga Teacher

September 2011-Current | [Yoga Alliance](#)

Anatomy Yin Training

March 2012 | [Yin Yoga Teacher Training](#), Vancouver, BC

- 30-hour anatomy and yin yoga training with Paul & Suzee Grilley

Yin Yoga Teacher Training

November 2011 | [Prana Yoga Teacher College](#), Vancouver, BC

- 35-hour teacher certification in yin yoga with Jolene Bayda

Standard First Aid - CPR C with AED

October 2011 | [St. John Ambulance](#), North Vancouver, BC

Yoga Teacher Training

July-August 2011 | [Prana Yoga Teacher College](#), Vancouver, BC

- 200-hour teacher certification in classical hatha yoga with shakti mhi

South Okanagan Yoga Academy (SOYA) Annual Yoga Retreat

June 2011 | [SOYA](#), Naramata, BC

- 20 hours of study and practice with Dharma Mittra

EXPERIENCE

Yoga Teacher

August 2011-Current | Private Clients, North Vancouver, BC

- Teach yoga in individual and small group settings

Yoga Teacher & Office Administrator

October 2011-Current | [Bound Lotus Meditation & Yoga Centre](#), North Vancouver, BC

- Teach yin yoga and restorative yoga classes
- Provide office support and implemented online management tool (MindBody Online)

Yoga Teacher

March 2012-Current | [Vancouver Corporate Yoga](#), Vancouver, BC

- Teach hatha yoga classes

Yoga Teacher

April 2012-Current | [Body Harmony Yoga Studio](#), North Vancouver, BC

- Teach hatha yoga and yin yoga classes

Consultant

September 2011-December 2011 | [Canadian Securities Transition Office](#), Vancouver, BC

- Advised on website development

Manager, Knowledge Management Services

November 2009-August 2011 | [BC Securities Commission](#), Vancouver, BC

- Supervised a 10-person department of professional and administrative staff
- Trained new staff on procedures and systems

Web Content Strategist

October 2006-November 2009 | [BC Securities Commission](#), Vancouver, BC

- Managed and developed two external websites and the corporate intranet
- Created documentation and delivered training for website editors

On-call Librarian

October 2006-December 2010 | [North Vancouver City Library](#), North Vancouver, BC

- Provided exceptional, client-centred reference service

Electronic Services Librarian

November 2004-October 2006 | [North Vancouver City Library](#), North Vancouver, BC

- Answered public questions and provided research assistance
- Coordinated, developed, and taught public computer classes
- Increased average public computer class attendance by more than 60%

Website Coordinator

April 2004-August 2004 | [Volunteer San José](#), San José, CA

- Redesigned website to attract new volunteers and inspire existing participants

English Tutor (Grades 8-12 & College)

November 2001-February 2004 | Sabrina Tai (Alvin, Nathan & Simon), Vancouver, BC

- Improved English grades for all three students
- Helped eldest student successfully write TOEFL exam and gain college acceptance

ADDITIONAL EDUCATION

The Influential Manager

March 2010 | [Sauder School of Business](#), Vancouver, BC

Essential Management Skills

December 2009 | [Sauder School of Business](#), Vancouver, BC

Project Management Basics

October 2008 | [MICA](#), Vancouver, BC

Facilitation Skills for Leaders

June 2008 | [MICA](#), Vancouver, BC

Training for Trainers

September 2005-December 2005 | [Continuing Studies, Langara College](#), Vancouver, BC

Master of Library and Information Studies

May 2002-June 2004 | [University of British Columbia](#), Vancouver, BC

Bachelor of Arts

September 1997-November 2001 | [University of Alberta](#), Edmonton, AB

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