

Elena Petrov

Yoga Teacher

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SUMMARY

Yoga teacher with 3 years leading heated vinyasa, hot yoga and restorative yoga classes at two Boulder studios. Teaches 10 classes a week in rooms of up to 45 mats, manages mat spacing, props and room heat, and builds community and connection so new students return. Brings a sense of humor and clear verbal cues to class.

SKILLS

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|--------------------|--------------------|------------------------|
| • Vinyasa | • Mat Spacing | • Client Service |
| • Hot Yoga | • Hands-On Assists | • Strong Verbal Skills |
| • Restorative Yoga | • Sequencing | |
| • Props | • CPR/AED | |

EXPERIENCE

Yoga Teacher	06/2024 - Present
Flatirons Hot Yoga	Boulder, CO

Heated yoga studio with 2 rooms and 1,200 members.

- Teach **10** heated vinyasa and hot yoga classes a week, averaging 34 students in 45-mat rooms.
- Set mat spacing and props before each class and adjust heaters and humidifiers for 95-105°F formats.
- Apply hands-on assists only with student consent cards, tracking preferences for 300 regulars.
- Organize a monthly community class and potluck that brought 70 new students into intro offers in 2025.

Yoga Instructor	09/2023 - 05/2024
Pearl Street Yoga House	Boulder, CO

Neighborhood studio focused on slow flow and beginners.

- Taught 5 slow flow and restorative yoga classes a week for 15-20 students.
- Introduced blocks, straps and bolsters in every class, cutting beginner drop-off by 20%.
- Planned sequencing for a 4-week back-care series that sold out 3 times.
- Covered front desk shifts 8 hours a week, giving members friendly client service at check-in.

EDUCATION

Bachelor of Arts	05/2023
University of Colorado Boulder	Boulder, CO
Integrative Physiology	

CERTIFICATES

Registered Yoga Teacher (RYT-200)
Yoga Alliance
08/2023

CPR/AED
American Red Cross
05/2025