

**Glenda Aviles-Malewicki**  
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### **Summary of Qualifications**

Professional yoga instructor with advance training in Ashtanga yoga, Hatha yoga, Chair yoga, Yin yoga, Power yoga, Meditation, Pranayama, and Thai massage. Enjoy inspiring others to commit to their health and fitness goals. Poses organizational / multi-tasking abilities and a strong eye for detail. Communicates effectively with clients and colleagues and work in helping others achieve serenity and calm in a stressful world. Proficient in Spanish, English and Portuguese.

### **Experience**

#### **Yoga Instructor- January 2017- to present**

##### **Palencia Senior Yoga– St. Augustine, FL**

- Lead yoga classes for Seniors.
- Provide guided pranayama exercise each class and guided meditation.
- Teach classes from a Occupational Therapy approach focusing in increasing mobility and balance.

#### **Yoga Instructor- 2016 - to present**

##### **Wekiva Springs Hospital – Jacksonville, FL**

- Lead yoga classes by providing breathing exercises, guided meditation and moments of tranquility to patients during their stay at the rehabilitation center.
- Provide grounding exercises to help patients during the transition period of detoxification.

#### **Yoga Instructor- January 2017- to present**

##### **Palencia Senior Yoga– St. Augustine, FL**

- Lead yoga classes for Seniors.
- Provide guided pranayama exercise each class and guided meditation.
- Teach classes from a Occupational Therapy approach focusing in increasing mobility and balance.

#### **Yoga Instructor- 2015- to present**

##### **SJGCC – St. Augustine, FL**

- Lead yoga classes for all levels from beginners to advance.
- Provide guided pranayama exercise at beginning of each class, giving in-depth understanding of breathing techniques.

Worked with students of all body types and fitness levels and ensured correct posture to receive maximum benefit

### **Yoga Instructor- 2012- 2015**

#### **Elements Athletic Club – Jacksonville, FL**

- Lead yoga classes for all levels from beginners to advance.
- Provide guided pranayama exercise at beginning of each class, giving in-depth understanding of breathing techniques.
- Worked with students of all body types and fitness levels and ensured correct posture to receive maximum benefit.

### **Yoga Instructor- 2014-2015**

#### **Fitness Jax- Ponte Vedra, FL**

- Paid attention to the needs of every student to ensure safety.
- Built positive relationships based on open communication with students'
- Addressed incorrect movement and provided adjustments as needed.
- Developed promotions to increase participation.
- Cleaned and organized studio after each class.

### **Yoga Instructor- March – December 2013**

#### **British Airways – Jacksonville, FL**

- Lead yoga classes for employees in an office atmosphere.
- Provide chair yoga instruction, great alternative for office workers to stretch, build body awareness to correct posture while sitting as well as the use of ergonomics to assure proper posture.
- Guided employees through yoga nidra to decrease stress, increase stamina in the work place.
- Corporate yoga to employees and management during stressful transition period of detachment of the workforce
- **Key Accomplishments**
  - Volunteer Chair Yoga thru the Christina Phipps Foundation to Breast Cancer survivors. (Baptist Hospital) 2013-2014.

Volunteer at Yogadarshanam teaching yoga to orphan children in India.

## **PROFESSIONAL COURSES AND CERTIFICATIONS**

200-hour Yoga Training at Yoga Den-Jacksonville, FL. 2012

500-hour Yoga training (Ashtanga) at Sampoorna Yoga- India. 2014

Chair Yoga Certification LVCY St. Augustine, Fl. 2014

100-hour Yoga Therapy Certification at Yogadarshanam, India 2016

Certified Occupational Therapist Assistant - 2016

### **AFFILIATIONS**

Yoga Alliance Member-2012-Present.