

Shannon Rooney

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703-598-6599

vision:

to empower and inspire students to move and connect with their body, breath and health through alignment-based instruction and a sense of compassion for each individual

certification:

E-RYT- 200 hour

-Yoga Works Teacher Training

August 2008

The Yoga Works method takes inspiration from both Ashtanga and Iyengar yoga with an integration. The training includes the in-depth study of anatomy and physiology, explores yoga's philosophy, practices meditation and pranayama, and investigates the science of ayurveda.

E-RYT- 500 certification

August 2012

-Beloved Yoga 300 hr. Teacher Training

This vinyasa based training takes your teaching to the next level while focusing on advanced philosophy, sequencing, anatomy and physiology, pranayama, meditation and the energetic body with hands-on practicum experience & a research project.

-Balanced Body Comprehensive Pilates certified/ PMA certified

July 2014

teaching experience:

Radiance Yoga- yoga group instruction

May 2015- present

Body Balance Pilates Studio- private Pilates & yoga instruction

July 2014- present

UNC School of the Arts- teaching Pilates mat classes

Aug 2016-Jan 2017

UNCG Athletic Department & UNCG Women's soccer team-

teaching Pilates & Yoga instruction

Oct 2014- Oct 2016

private instruction

August 2009- present

Mind the Mat- group yoga & Pilates classes

Sept 2012-July 2014

other work experience:

Reading Specialist- South County Secondary School

2006 to 2014

Teaching reading and literacy skills in a classroom setting to middle school & high school students. Testing and running literacy activities and curriculum for the middle school. Organizing and managing the school-wide literacy program.

education:

University of Virginia- Master of Education

August 2005

Villanova University- Bachelor of Arts

May 1998