



# Esraa Magdy

## *Yoga Teacher*

I am a certified yoga teacher with over 4 years of experience practicing then teaching yoga, guiding individuals on their paths to mental, spiritual and physical health. I am committed to empowering clients to understand their bodies and discover their potential for self-healing, growth, and sustained well-being.

### Work History

#### Aerial Yoga / Ashtanga Vinyasa Yoga Teacher

Transbodyfitness Fitness Center : June 2022 – September 2022

Hera Aerial Arts School : July 2022 - October 2022

Tata Wise Monkeys Studio : September 2022 – Present

The Yoga Room Studio : August 2023 - September 2023

Olfah Yoga Studio : November 2023 - January 2024

Balance Wellness Center : November 2023 - January 2024

Yoga Asana Studio : February 2024 - Present

- Designed and conducted beginners' aerial yoga group sessions for over 500 individuals, achieving a 95% satisfaction rate.
- Collaborated with a team of nutritionists and fitness trainers to offer a comprehensive wellness approach.
- Designed and conducted 8 session monthly programs called "Explore Aerial Yoga with Essy" where i taught aerial yoga from scratch for people who have an interest to have a deep dive in aerial yoga, understanding the fundamentals of poses and techniques. Which had positive feedbacks and satisfaction from the clients.
- Designed and conducted weekly aerial yoga sessions for all levels, using a unique teaching approach, preparing customized sessions for different body types and needs, mixing between hammock yoga and floor yoga for best results.
- Designed and conducted Ashtanga yoga sessions to build strength and control breathing.
- Designed and conducted power yoga sessions for weight loss.
- Designed and conducted yoga foundations sessions for beginners.
- Designed and conducted customized vinyasa yoga sessions for all levels.
- Designed and conducted Pranayama sessions that gathered between breath work, guided meditation and yoga nidra.
- Designed and conducted flexibility yoga sessions to improve flexibility.
- Designed and conducted customized online yoga sessions for people with poor schedules or specific goals.
- Motivated and provided my clients with home exercises and tips about fitness, diet, habits and lifestyle so they can live healthier and happier, enjoying a better quality of life.

### CONTACT

- esraamagdiiii@gmail.com
- Phone and WhatsApp number : +201004396353

### SKILLS:

- Yoga and Wellness Coaching
- Workshop Facilitation
- Wellness Program Design
- Public Speaking
- Nutritional Guidance
- Stress Management Techniques

### QUALIFICATIONS

- Certified 200 hr YTT from House Of Om Bali, Yoga Alliance accredited school
- Certified 20 hr AYTT from the official representative of Aerial Yoga Academy
- CPR Certified

### EXPERTISE:

- Yoga therapy for emotional well-being
- Mindfulness-based Stress Reduction
- Holistic Nutritional Guidance
- Corporate Wellness Program Facilitation