

Bonnie Russell

Résumé

Summary

I am a yoga teacher who specializes in classes for a wide variety of groups. I enjoy making yoga accessible and strongly believe that everyone, no matter how young or old and regardless of the physical/mental status of their personal development can enjoy yoga. Currently I teach mothers and babies, young children, prenatal mothers, seniors, adults and people with disabilities.

My yoga style focuses on the needs of the individual student, specifically nurturing injuries and improving weaknesses. Parts of this style come from my interest in Donna Farhi's style of teaching which focuses on building movement around breathing.

Coming from a background in dance, I have always had a keen appreciation for human movement and dynamics and I like to draw on all my past experiences in classes.

I enjoy both the teaching side of yoga as well as the administrative side. My background in running a small business including bookkeeping and office administration means that I have the skills to support my interaction with students, as well as advertising marketing and organising classes and events.

Education

2007 - Radiant childrens yoga teacher training

2006 - Children's Yoga Teacher Training

2005 - Centre for Adult Education

Certificate IV in workplace training

2005 - Centre for Adult Education

Advanced Diploma of Yoga Teaching

2005 - Pre Natal Teacher Training

Certifications

2007 - Level 2 first aid

2005 - Reiki Level 2

Employment Experience

- 2001 - 2005 - **Motile Pty Ltd Office manager**
Managed the books, using the software MYOB
Managed day-to-day office operations for a small IT firm
- 2003 - current - **Alphington Community Centre**
Adult yoga
Children's yoga
- 2004 - current - **Interact Learning services**
Yoga for Disabilities inc fairfeild, balwyn and croyden
- 2004 - 2004 **Yarralee Kindergarten**
Yoga for Kindergarten Kids
- 2005 - 2007 - **Alphington Hostel**
Yoga for limited mobility (seniors)
- 2005 - 2007 - **Jika Jika Community Centre**
Adult Yoga
Yoga for mothers and Babies
Pre natal Yoga
- 2006 - 2007 - **Active After school Communitys**
Preparing and developing children's yoga classes for primary schools
including privet schools, catholic schools, main stream schools stiner schools
and schools for special needs
- 2006 - 2007 **Resonate yoga**
Started own yoga business
adults yoga classes out of the CBD
Opened a studio in the Northcote/ Thornbury where I sulet space to other teachers,
organised and run a web site, mailing list and produced advertising material
Fill in classes for local yoga teachers
- 2006 - 2007 - **South Kingsville community centre**
Yoga class once a term for women with disabilities
- 2007 - 2007 **Banyule city council**
Taught adults yoga out of the Olympic stadium gym
- 2007 - 2007 **Balwyn Lesure centre**
Children's yoga teacher for children 2 - 5 years old
Delivered yoga to St Pauls collage, a school for teenagers with disabilities

Contact

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Referees

Elspeth Chambers - Alphington Community Centre
(03) 9499 7227 or alphcc@vicnet.net.au

Linda Parlane - Jika Jika Community Centre
(03) 9482 5100 or office@jikajika.org

Andrew Donald - Motile Pty Ltd
(03) 9859 7747 or andrew@motile.net