

## KELLY BARRETT, E-RYT-200

### PROFILE

Kelly is a Registered Yoga Teacher with 200 hours of training through Yoga Alliance via Yoga District, one of Washington, D.C.'s most highly rated studios. She's taught over 1,000 hours of classes over 10 years and has experience leading yoga, meditation, workshops, and retreats in both studio and corporate settings. She relocated to sunny Tucson in October 2019, spent 2020-2023 leading online courses, and is now seeking opportunities to instruct yoga classes in the local area.

### TRAINING

200 Hour Yoga Teacher Training, 2013 (Yoga Alliance) through Yoga District. Training included following modules:

- Vinyasa, Power, Dharma, Yin, and Restorative
- Prenatal modifications
- Trauma-sensitive best practices
- Yoga anatomy for safe alignment and adjustments

### SELF-EMPLOYED YOGA INSTRUCTOR

APRIL 2020 - PRESENT

Led quarterly series-based offerings averaging 15-20 attendees per class, and in-person retreats; marketing to newsletter subscriber list of 800+ community, from seasoned practitioners to beginners.

### YOGA INSTRUCTOR AT YOGA DISTRICT, WASHINGTON, D.C.

AUGUST 2013 - OCTOBER 2019

Taught 2-3 weekly yoga classes averaging 75%+ capacity attendance. Offerings included beginner through advanced (Vinyasa flow, core-focus, yin, and community meditation).

### CERTIFICATION

Current CPR Certified, Red Cross



## KELLY BARRETT, E-RYT-200 CERTIFIED

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### ONLINE PRESENCE

Newsletter, Om Weekly, offers a modern take on ancient yogic philosophies. Each Tuesday, there is a personal reflection, a technique to apply mindfulness into your daily life, and links to related content (700+ subscribers): [OmWeekly.com](http://OmWeekly.com)

Spotify Playlist: <https://open.spotify.com/playlist/2qTpWB3cENfrwqH77IFwQy?si=MeJLI9O8SX--RHnqjcFnxQ>. (1,400+ subscribers)

Instagram: [instagram.com/kellyalysia](https://www.instagram.com/kellyalysia) (1,000+ followers)

Professional website: [KellyABarrett.com](http://KellyABarrett.com)

### TESTIMONIALS

"I was so new to yoga when I went to my first class with Kelly Barrett that she had to teach me the difference between a Warrior 1 and a Warrior 2. After six months of taking her classes, I'd fallen so in love with yoga that I booked a trip abroad for a week-long retreat. Two years later, I still find Kelly's classes a both calming and challenging. I'm a devoted student." - Laura M., Washington, D.C. (2019)

"Kelly has a persona that can span several class types. From Level 1 to Level 3, Kelly's cues and sequences are often conveyed in a gentle manner, however, I have often found those poses to be quite challenging at times. This not only speaks to Kelly as a person, but reaffirms the principle of stoicism throughout each class. Something to take with you throughout each day. Kelly's adjustments also enhance the class experience, speaking to her innate ability to bring out the best in her students. Couldn't recommend her more to any student looking to grow both as a student and a person." - Joshua M., Washington, D.C. (2019)

"This was such a great practice for me. In the beginning I had a TON of resistance to being in certain poses, and sometimes just doing the practice at all. It helped me realize that I've been having that feeling in other areas of my life, and that recognizing it is 1) important and 2) often the first step towards doing something impactful. Even though I mainly did the classes the day after, I was fairly consistent in doing them in the evenings and that gave me some solid structure to my day, which was much needed. Thanks so much for putting this together!" - student, Practice Not Perfect