

Kate Szekely

Yoga Teacher. Personal Trainer. Arts & Wellness Educator.

(407) 813-4470

keszekely@gmail.com

www.kateszekely.com

TEACHING EXPERIENCE

Yoga Teacher, Worldwide — 800-hr certified

2016 - PRESENT

Yoga instructor in the Jivamukti tradition. Experience teaching group & individual classes in-person & remotely. Past employers include Jivamukti Yoga NYC, Urban Sadhu Yoga (Master Teacher) & NYU Athletics.

Personal Trainer, Worldwide — NASM-CPT-CES

2020 - PRESENT

NASM-certified Personal Trainer and Corrective Exercise Specialist. Experience coaching group and individual sessions in-person and remotely. Specialties include weight loss, mobility & strength training.

Arts & Wellness Educator, Worldwide — BFA NYU Tisch

2018 - PRESENT

Using a BFA in Theater Arts, classical conservatory acting training, & 1000+ hours in movement disciplines, I devise a play-based curriculum that focuses on self-exploration. Past employers include Salons for Life, Infinite Variety Productions & the Florida Thespian Society.

EDUCATION/CERTIFICATIONS

New York University, New York, NY — BFA in Theater with Honors, Stella Adler Studio of Acting

SEPTEMBER 2009 - DECEMBER 2012

Jivamukti Yoga, NY & NJ — 300 & 800-hr certifications

MAY 2016-MAY 2017

300-hr led by Sharon Gannon, David Life, Emma Henry & Camilla Veen.

800-hr mentored by Austin Sanderson

National Academy of Sports Medicine, Remote — Certified Personal Trainer & Corrective Exercise Specialist

AUGUST 2020-MARCH 2022

SKILLS

Exceptional interpersonal relations (in person & digital)

Individual-approach to curriculum building

Hands-on assists

NOTABLE ACHIEVEMENTS

Master Teacher at Urban Sadhu Yoga and guest facilitator at their trainings

Educator & Adjudicator at the Florida Thespian Festival the largest high school theater festival in the country

Official Presenter at Smith College's Day of Inclusion and Diversity presented a selection of work from Salons for Life

LANGUAGES

Spanish (fluent), French (beginner) and Italian (beginner)