

Rikki Emrick

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- SUMMARY

- I am a loving Yoga Instructor specializing in Kids Yoga and Prenatal Yoga. My objective is to bring life tools to as many people as possible such as breathing, moving and relaxing through yoga.

- EXPERIENCE

- Corporate Wellness Yoga
 - Chipotle Mexican Grill Headquarters – 2018
 - Led weekly Guided Meditation/Yin Yoga
 - Survey supported results of increased mood, building relationships interdepartmentally and productivity boost
 - Provided essential oils, stones and singing bowls for deeper relaxation
- One on One private sessions
 - Meet and assess the needs of the student
 - I have experience providing Guided Meditation and Yin Yoga focused on goals developed with the student
 - Mentorship, Coaching, and Connection
 - Specializing in Postpartum support
- Kid's Yoga - 2020 - Present
 - I have taught thousands of kids in my 3 years of teaching at Life Time Fitness, Westminster, CO and The Giggling Life Farm, Thornton, CO.
 - Themed the classes with animals, colors and shapes
 - Provided mandala coloring pages

- EDUCATION/CERTIFICATIONS

- 200-Hour Yoga Teacher Training, Completed in 2017, Lifetime Yoga, Westminster, CO
- 85-Hour Prenatal Yoga Teacher Training, Completed in 2019, Mamahood, Denver, CO
- Certified with Yoga Alliance
- Reiki Level One Practitioner
- First-Aid and CPR Instructor, Red Cross Certified
- Research on healing with essential oils and stones