

Paula Reyes

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WORK EXPERIENCE

Various Yoga Studios
Yoga Teacher October 2015-Present
Brooklyn, NY; Haleiwa, Honolulu, Waialua, HI

- Kala Yoga; Bushwick, Brooklyn, NY; February 2020-Present
- Arise Yoga in Brooklyn (formerly Jewel City Yoga); Crown Heights, Brooklyn, NY; December 2018-Present
- Solid Gold Yoga; Bushwick, Brooklyn, NY; November 2018-Present
- Lucent Yoga; Greenpoint, Brooklyn, NY; December 2021-April 2023
- Form + Flow; Long Island City, Queens, NY; August 2019-September 2022
- Bread and Yoga (was also known as Bread and Yoga Co-Op); Upper Manhattan, New York; August 2019-October 2021
- Heatwise; Downtown Brooklyn, NY; September 2019-March 2020
- Open Space Yoga; Haleiwa and Honolulu, HI; October 2015-October 2018
- Bikram Yoga North Shore; Waialua, HI; June 2015-November 2018

LoveSurfYoga Hawaiian Retreat
Yoga Retreat Co-Leader October 2016
Haleiwa, HI

- Co-organized a weeklong yoga and meditation retreat, hosting ten participants.
- Taught daily yoga classes and held meditation sessions.
- Scheduled extracurricular activities, including surfing, skydiving, shark diving, snorkeling, and hiking.
- Worked alongside a private chef, providing two daily organic, locally-sourced meals.

NP Rock Yoga
Interim Studio Manager/Yoga Teacher Winter 2015
New Paltz, NY

- Taught several heated Power Vinyasa and Hot Hatha (“Hot 50”) yoga classes daily.
- Created teachers’ and work-traders’ schedules.
- Oversaw facility maintenance and studio financial statements, including cash flow and retail sales.

Yoga to the People
Studio Manager/Yoga Teacher Winter 2010-Spring 2014
Williamsburg, Brooklyn, NY; New York, NY

- Supervised operations of two yoga studios within one location, servicing over 500 Power Vinyasa and Hot Hatha (“26 Plus 6”/Bikram) yoga students daily.
- Taught over 80 classes monthly in both formats.
- Assisted in 4 annual teacher trainings in both formats, led dialogue instruction, and alignment-assistance workshops.
- Coordinated 50+ teachers’ schedules on a weekly basis.
- Facilitated bi-annual silent yoga retreats in upstate New York.
- Maintained studio financials, including cash flow, class invoices, vendor management, and supply budget.

YOGA CERTIFICATIONS

- 50-Hour Mudras Teacher Training with Yogi Charu; Savitri Yoga Shal, online; October 2023
- 50-Hour Yoga Nidra Teacher Training with Yogi Charu; Bhakti Center, New York, NY; December 2021
- 14-Hour Trauma-Informed Teacher Training with Julie Hernandez and Jenna Conner; Exhale2Inhale, New York, NY; June 2020
- 300-Hour Advanced Hatha Yoga Teacher Training with Yogi Charu; Savitri Yoga Shal, Honolulu, HI; November 2018
- 20-Hour Sanskrit Basics with Dharma Widmann; Open Space Yoga, Haleiwa, HI; February 2018
- 100-Hour Continuing Education on Yoga Philosophy & Asana with Nicki Doane; Maya Yoga, Maui, HI; December 2017
- 300-Hour Advanced Teacher Training with Nicki Doane and Eddie Modestini; Maya Yoga, Maui, HI; October 2015, November 2016
- Yoga to the People Hot Hatha Yoga Apprenticeship (“26 Plus 6” and Bikram techniques); Yoga to the People, New York, NY; Winter 2013
- 200-Hour Yoga Alliance Vinyasa Certification; Yoga to the People, New York, NY; Winter 2010

EDUCATION

- Hunter College, New York, NY; Liberal Arts, Bachelor’s Degree, Class of 2021
- Fiorello H. LaGuardia High School of Music and Art, and the Performing Arts, New York, NY; Dance, 2002-2006
- The Martha Graham School of Dance, New York, NY; Teen Intensive Dance Program, 2003-2005