

# Flora Frontini

## Yoga Teacher E-RYT 500 and Yoga Therapist

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I am a dedicated E-RYT 500 yoga teacher with a profound commitment to holistic well-being. I bring extensive expertise in yoga instruction and have completed a comprehensive Yoga Therapist program with Alcheme Yoga Therapy IAYT accredited. I'm eager to harness this unique combination of skills to empower individuals on their mental health journey.

Currently, I'm volunteering at the Melinda Hoag Smith Center for Healthy Living, working closely with social workers and psychotherapists to deliver integrative care. I am passionate about contributing to mental health initiatives and creating a nurturing environment for personal growth and healing.

## Experience

### Yoga Therapist - Melinda Hoag Smith Center for Healthy Living 2023- present

- Conducted 1:1 yoga therapy sessions for the low-income English-speaking population, focusing on improving sleep, addressing digestion issues, and providing techniques for managing chronic pain and autoimmune conditions. Empowering clients with yogic tools to manage stress, anxiety, depression, grief, and trauma.
- Co-lead a 6-Week Yoga for Teens program and an 8-Week Trauma Informed Yoga program.
- Collaborated with Social Workers and nurses to facilitate workshops on different topics, including Self-Love for teens, Boundaries, Happiness and Self-Care for the Farsi-speaking population, and Grief and Loss for seniors at the Senior Center in Costa Mesa.

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### YogaByFlora - Private Yoga Teacher/ Yoga Therapist 2018 - present

- Conducted Yoga Therapy sessions for small groups and private clients during the Yoga Therapy Practicum with Alcheme and Be The Change Yoga Studio, Irvine.
- Taught Hatha-Vinyasa and Yin yoga classes to employees of Dainese USA Inc. in Costa Mesa in 2019.
- In 2018, instructed Hatha-Vinyasa yoga to 50-100 teens (14-16 years old) for a non-profit volleyball organization in Lake Forest. Emphasized physical strength and flexibility, along with breathwork and meditation for relaxation and mindfulness.
- Provided free Online Beginner Yoga classes in 2021 as part of a fundraising effort for a new primary school in Mission Viejo.

### Yoga Teacher - Be The Change Yoga - Irvine, CA 2022 - present

- Yoga Teacher | | Yoga Therapist in training
- Teaching All Level Flow and Restorative Yoga with Sound Healing classes.
- Delivered private Yoga Therapy sessions as a participant in the Yoga Therapy program in collaboration with Alcheme and Be The Change Yoga Studio.

### Yoga Teacher -Hylunia Wellness Md Spa - Costa Mesa, CA | 2019 - 2020

- Substituted and taught various yoga styles including Gentle Yoga, Hatha-Vinyasa, Restorative, Yin, Yinyasa, as well as Meditation and Sound Healing Bath.
- Co-lead a workshop focused on Restorative Yoga and Sound Healing Bath techniques.

**Private Yoga Teacher -FitnFlow -**

2018 - 2019

- Conducted private yoga sessions for individuals and private events, specializing in small groups and 1:1 sessions.
- Instructed various yoga styles including Hatha-Vinyasa, Yin Yoga, Yin Yasa, meditation, pranayama, Restorative Yoga, Yoga Nidra, and Sound Healing.
- Co-taught a Workshop on Restorative Yoga and Sound Healing Bath for WeWork in Los Angeles in 2019.

**Education**

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**C-IAYT Yoga Therapist in Training**

present

- Alcheme Yoga Therapy -Be The Change Yoga - Irvine, CA

**Trauma-Informed Yoga YACEP with Yoga Alliance**

2023

- Transcending Sexual Trauma Through Yoga - Be The Change Yoga - Irvine, CA

**300-RYT Yoga Alliance**

2022

- Be The Change Yoga - Irvine, CA

**Yin Yoga YACEP with Yoga Alliance**

2019

- Spectra Yoga - Irvine, CA

**200-RYT Yoga Alliance**

2018

- Be The Change Yoga - Irvine, CA

**University of Milan, Italy**

2004 - 2009

- Bachelor in Computer Science - Digital Communications
- Graphic Design

**Skills**

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- Therapeutic Yoga Techniques
- Mindfulness and Meditation
- Communication and Active Listening
- Empathy and Compassion
- Collaboration with Mental Health Professionals
- Assessment and Goal Setting
- Psychological Knowledge
- Documentation and Reporting
- Ethical Practice and Boundaries
- Problem-solving
- Creativity
- Time Management
- Eye for Detail
- Digital Communication
- IT Skills

**Volunteer**

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**CareCHOICES Hospice - Irvine**

- Contributed by designing a new brochure and manual for onboarding new volunteers.

2016