

Karyn Stein, PhD

Yoga Instructor

Earthstrongyoga@gmail.com
Earthstrongyoga.com

CAREER OBJECTIVE

I have a strong passion for promoting health and well-being through sharing Yoga philosophy and practice. I also have experience working in the environmental and non-profit field, including fundraising, project development, administration and report writing.

WORK EXPERIENCE

CERTIFIED YOGA INSTRUCTOR – Earth Strong Yoga (Virtual Classes) - **Sept 2015 – present**

- Develop Hatha, Beginner, Pregnancy or Fertility Yoga Classes to suit individual health needs and goals.

SECRETARY/YOGA TEACHER – International Yoga Teachers of Aotearoa, New Zealand – **Jan 2022 – present**

- Correct monthly papers for Yoga Teacher Training Program.
- Take minutes during organizational meetings.

ESL (ENGLISH AS A SECOND LANGUAGE)TEACHER – Overcome Barriers (Online) – **Jan 2013 – Nov 2013**

INDEPENDENT TECHNICAL CONSULTANT – Central America - **Oct 2011 – Dec 2012**

- Grant writing and project development with various Indigenous organizations in Belize and Guatemala
- Participatory Rural Appraisals with EcoLogic Development Fund in Belize
- Spanish Translation and Project Support for National Farmers Groups (ANTA in El Salvador & CNTC Honduras) with SHARE Agricultural Foundation

DEVELOPMENT OFFICER – Sarstoon Temash Institute for Indigenous Management, Belize- **Jan 2010 – Oct 2011**

- Proposal writing, project development and project management
- Developed the fundraising strategy for the organization & raised operating and project costs

TECHNICAL ADVISOR –Asociacion Ak'Tenamit, Rio Dulce, Guatemala - **Jan 2008 – August 2009**

EDUCATION

LOYOLA MARYMONT UNIVERSITY – Los Angeles, CA – **2019 - 2022**

- Masters of Arts in Yoga Studies

UNIVERSITY OF OTAGO – Dunedin, New Zealand – **2013 - 2018**

- PhD in Geography (Sustainability Focus)

KHON KAEN UNIVERSITY – Khon Kaen, Thailand – **2003 - 2004**

- Masters of Rural Development Management

BOSTON UNIVERSITY – Boston, MA **1999 - 2002**

- Bachelor of Arts in Rehabilitation and Human Services

SKILLS

MS Office (Word, Excel, Outlook, Access, PowerPoint), Photoshop, Skype, Zoom

CERTIFICATIONS

RYT 300hr Yoga Cert., My Vinyasa Practice, USA, **2021 - Present**

Yoga for Children, Yoga Ed., Hawaii, USA **2019 - 2021**

RYT 200hr Yoga Cert., Yoga & Ayurveda Center, USA **2021**

Fertility Yoga Bliss Baby Yoga, Australia **2018**

Pregnancy Yoga Bliss Baby Yoga, Australia **2019**

Yoga Diploma IYTA Aotearoa New Zealand **2016 - 2018**

Svastha Yoga Therapy Training, (280 of 300hrs completed), Svastha Yoga Aotearoa **2018 – 2020**

REFERENCES Available upon request
