

MARTA BERRY

Pilates-Yoga instructor and trainer with more than 18 years of experience with . Dedicated to providing highest level of service to customers and creating pleasant work environment for staff.

Energetic Trainer with thorough knowledge of diverse strength training programs and group classes. Versed in assessing client fitness levels and safely supporting goals. Organized and dependable. Willingness to take on added responsibilities to meet team goals. To seek and maintain full-time position that offers professional challenges utilizing interpersonal skills, excellent time management and problem-solving skills.



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☎ 645676293

🌐 martaberryyoga.com

📍 Barcelona , Spain

🚩 Dual USA/SPAIN

WORK HISTORY

January 2009 to Current

Yoga Teacher Trainer

Self Employer, Online YOGA SCHOOL

- Planned, set up and led yoga classes for beginner and intermediate practitioners
- Enhanced student flexibility and strength by incorporating diverse yoga styles into class sessions.
- Evaluated student progress through regular assessments, adjusting instructional approaches accordingly for optimal results.
- Established a welcoming and inclusive environment for students of all skill levels, fostering community growth.
- Certify students as Yoga Teachers , with YA (Yoga alliance) RYS 40724

November 2020 to December 2022

Pilates Teacher & Owner

Marta Berry Pilates Menorca , Menorca,Spain

- Improved client flexibility by implementing personalized Pilates routines tailored to individual needs.
- Enhanced overall wellness for clients through the

WEBSITES, PORTFOLIOS, PROFILES

- www.martaberryyoga.com

SKILLS

- Bilingual Spanish-English -Catalan
- Good Knowledge of Italian and French
- Physical Teacher (Pilates & Yoga)
- Team Leadership
- Problem Solving
- Continuing education
- Alignment principles

EDUCATION

2020

BRIDGE COMPREHENSIVE CERTIFICATION

BASI PILATES SCHOOL, NEWPORT, CA

- Graduate

March 2012

incorporation of mindful movement and breathwork in Pilates sessions.

- Conducted comprehensive assessments to design customized Pilates programs addressing specific postural imbalances or injuries.
- Increased client satisfaction by providing clear instructions and hands-on adjustments during group classes and private sessions.
- Developed strong relationships with clients by regularly monitoring progress and adjusting exercise plans accordingly.

January 2013 to January 2020

Pilates Teacher

Self-employed Equinox & Various Studios , Pasadena ,CA & San Francisco CA & Orange County CA

- Collaborated with fellow instructors to share best practices, refining teaching techniques for optimal results across classes.
- Provided exceptional customer service by addressing inquiries promptly, resolving concerns professionally, and creating a welcoming atmosphere within the studio space.
- Increased core strength for clients by incorporating various props such as foam rollers, resistance bands, magic circles into exercise routines.
- Contributed to successful marketing campaigns highlighting unique aspects of the studio's approach to Pilates instruction.
- Developed strong relationships with clients by regularly monitoring progress and adjusting exercise plans accordingly.
- Enhanced overall wellness for clients through methodology and practice

January 2004 to January 2009

Yoga Instructor

Various Studios, WYOMING

- Arrived early to set up room, greet students, and answer questions.
- Maintained positive relationships with class members through personalized and knowledgeable service.
- Explained different yoga styles and poses to students.
- Kept studio area safe, organized, and comfortable for students.

COMPREHENSIVE CERTIFICATION

PEAK PILATES SCHOOL , Denver, CO, USA

June 2005

YOGA TRAINER

YOGA INSTRUCTOR , Asheville, NC

BACHELOR OF TOURISM STUDIES

Hospitality Administration And Management

CEET, SCHOOL OF TOURISM,
BARCELONA, SPAIN

High School Diploma

ISAAC ALBENIZ INSTITUTE,
BARCELONA SPAIN

CERTIFICATIONS

- BA -hospitality and languages

- Improved students' overall well-being through meditation and mindfulness practices in each class session.

ACCOMPLISHMENTS

Yoga teacher trainer , with more than 90 students under the school of Martaberryyoga

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- Collaborated with team of 10 students in development of training Equinox Pilates Teacher Training

ADDITIONAL INFORMATION

Hello , I am applying to your offer job , Please consider my interview

Marta Berry