

Courtney Alexa Smith

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Qualifications/Experience:

Personal yoga practice: Practicing since January 2000. Practice is primarily Astanga-based but has also included, Vinyasa Flow, Iyengar, Sivananda, Zenergy, Jivamutki, Yoga Synergy, Restorative, Atmavikasa and that which is commonly referred to as “general Hatha”. Attended workshops/courses in Sydney, Australia 2000-2003; London, England 2003-2005; Edinburgh, Scotland 2006-August 2007, Aspen, Colorado 2007- present, San Diego, California 2012 and 2014.

Certificates: 200-hour diploma in Astanga Yoga, July 25, 2006; Diploma in Traditional Thai Massage Level One, August 3, 2007.

Yoga Employment:

Private Yoga and Thai Massage. Aspen, CO. October 2007 - present. Teach a variety of yoga classes for single or small groups in home or hotel rooms by request. Maintain a strong clientele base for private Thai Massage for both tourists and locals.

O2 Aspen - Yoga Teacher. February 2014 - present. Currently teaching two Astanga Yoga classes.

Aspen Shakti Shala - Yoga Teacher. June 2014 - present. Teach a variety of group classes: Thug Yoga, Meditation (Shreditate), Astanga Primary Series and Vinyasa Flow. Teach private yoga sessions on request through the Shala.

Aspen Club & Spa - Yoga Teacher. October 2007 - present. Have taught privates and 3-5 classes consistently since starting at the Aspen Club, including Astanga, Yoga Basics, Yoga Sculpt, Vinyasa Flow and Restorative.

Surf Yoga. Chipiona, Spain. April 2007 - August 2007. Taught a donation-based yoga class in Spanish for local surfers.

Union Yoga, Edinburgh, Scotland. June 2006 - February 2007. Subbed and assisted beginner Astanga classes.

Education (Yoga/Thai Massage):

Stoked Yogi SUP Yoga Teacher Training. October 2-5, 2014. Coronado Island, San Diego, CA. 40-hour teacher training and certification in Stand Up Paddleboard Yoga, including on-board yoga sequencing, paddle, rescue, anchor and partner yoga techniques.

Yoga Sculpt Teacher Training. October 2012. Presented by Core Power, Boulder teachers Amy H. and Richii Jai at O2 Aspen. A training for 200hr teachers in which we learned a unique flow with light weights. Sequencing, alignment and anatomical care with weights were discussed and practiced.

Astanga Yoga Confluence. March 1-4 2012. San Diego, CA. A powerful 4-day Astanga workshop including led and mysore classes and discussions by David Swenson, Nancy Gilgoff, Richard Freeman, Eddie Stern and Tim Miller.

Basic Thai Massage (Level 1). July 28 - August 4, 2007. Brian Cooper. Shanti Griha Retreat Centre, Scoraig, Scotland. 30 hours of instruction and practice in course of only 4 students. (www.shantigriha.com for more information) This course is recognized by the Institute of Thai Massage in Thailand. Certificate awarded August 3, 2007.

Introductory Workshop to Thai Massage. April 14-15, 2007. Brian Cooper. Union Yoga, Edinburgh, Scotland. 8 hours of instruction and practice.

Astanga Primary Series. December 15-17, 2006. David Swenson. Union Yoga, Edinburgh, Scotland. (included demo and open discussion with David as well as led and mysore classes with David).

“Traditional Vinyasa Morning Mysore”. November 6-8, 2006. Matthew Sweeney. Union Yoga, Edinburgh, Scotland. (6am “Mysore” style class where students do their own individual yoga practice and the teacher (Matthew here) assists each student individually)

Astanga Primary Series Workshop. November 3-5, 2006. Matthew Sweeney. Union Yoga, Edinburgh, Scotland.

Yoga for Women. October 7, 2006. Victoria Bosso. Union Yoga, Edinburgh, Scotland. (Focus on Yin Yoga)

“Touching the Void”. August 11-13, 2006. Dharma Mittra. Union Yoga, Edinburgh, Scotland. (Focus on asanas, pranayamas, matrams and meditation)

Headstands and the Finishing Postures (Astanga). August 5, 2006. Victoria Bosso. Union Yoga, Edinburgh, Scotland.

“Spinal Integration”. June 16-21, 2006. Donna Farhi. Union Yoga, Edinburgh, Scotland. (Focus on anatomy, kinesiology and the functional movement of the spine learning how to practice yoga postures with greater efficiency and less strain on the back)

Hip Openers Intensive. May 20, 2006. Victoria Bosso. Union Yoga, Edinburgh, Scotland. (Vinyasa flow style workshop emphasizing hip-opening postures and sequences)

“Yoga, a Way of Life”. April 24-28, 2006. Atmavikasa (self-realization) Asana System. Yogacharya V. Venkatesh and Acharye Hema. Union Yoga, Edinburgh, Scotland. (Venkatesh specializes in teaching unique backbending techniques.)

Astanga Yoga Teacher Training. February 2006 – June 2006. Brian Cooper, PhD. Union Yoga, Edinburgh, Scotland (www.unionyoga.co.uk). Certificate awarded July 25, 2006. (Included two 5-day intensives with Yogacharya Venkatesh and Donna Farhi as stated above) **Union Yoga Teacher Training is accredited by International Yoga Federation (IYF), European Yoga Alliance (EYA) and Independent Yoga Network (IYN).**

Other Education

October 2005. Lighthouse Languages, Chipiona, Spain. 40-hour Intensive Spanish Course, awarded level “medio” (ie, intermediate).

September 1992 – May 1995. University of Arkansas School of Law, Fayetteville, Arkansas. Juris Doctor.

June 1988 – May 1992. University of Florida, College of Journalism/Communication, Gainesville, Florida. B.S. in Advertising, minor in Business Administration.

References available upon request.