

Sissy Pomplin

200 HOUR SAMAPATTI YOGA TEACHER TRAINING // YOGA ALLIANCE CERTIFIED // CPR CERTIFIED

s.pomplin@gmail.com
www.SissyPomplin.com

As a yoga instructor, I strive to help beginner yogis feel comfortable in their practice, learn essential postures, and ensure a safe practice for everyone. Having studied yoga, contortion, aerials, and gymnastics for many years, I aid students in becoming aware of their body-mind connection while balancing strength and flexibility.

PHYSICAL SKILLS

Vinyasa/Flow Yoga
Hatha Yoga
Restorative Yoga
Flexibility
Contortion
Aerial Apparatus
Circus
Dance & Ballet
Basic Gymnastics

SOFT SKILLS

Yoga Nidra
Meditation
Time Management
Communication
Presentation
Organization
Leadership
Adaptability
Basic Spanish
Enthusiasm to Learn

TECH. SKILLS

Microsoft Office
Libre Office Suite
Google Suite
Zoom
Skype
Adobe Acrobat
Website Design
Social Media

EXPERIENCE

Younique Yoga, Schererville - Yoga Teacher (60-75 minute classes)

April 2022 - Present

- All Levels Vinyasa / Restorative / Gentle Flow / Mindful Flow

Priority Fitness, Highland - Yoga Teacher (30-60 minute classes)

April 2022 - Present

- Beginners / Mixed Level / Moderate Hatha / Private Lessons

Yoga on 45th, Highland - Yoga Teacher (60-75 minute classes) (In-Studio & Zoom)

June 2020 - April 2022

- Beginners / Mixed Level / Easy & Moderate Hatha / Restorative / Private Lessons

Garcia Consulting Engineers, Hammond - Civil Engineer, EIT

November 2018 - August 2020

- **Project Management:** Construction Scheduling, Documentation, and Development
- **Design:** Create Plans, Contracts, and Specifications / Consider environmental protection measures / Follow local & state regulations

Purdue University Galleries, West Lafayette - Gallery Monitor

August 2014 - May 2018

- Interact with and guide visitors through exhibits / Analyze visitor behavioral patterns

EDUCATION

The Yoga Room, Crown Point - 220-Hour Samapatti Yoga Teacher Training Program

September 2019 - June 2020

- **Course Content:** Yoga History & Philosophy, Asana, Hatha Yoga Anatomy, Pranayama, Pratyahara, Yoga Nidra, Yoga Sutras, Yoga Diet & Nutrition, and Meditation Practices
- **Teachings from Hatha and Raja Schools Include:** Viniyoga Tradition, Himalayan Tradition, Iyengar Method, and Bihar School

Purdue University, West Lafayette - Bachelor of Science, Civil Engineering & College of Liberal Arts, Certificate in Acting Through Communications

August 2014 - May 2018

- **Engineering Education:** Studied with an environmental focus area / Attended a European study abroad program
- **Liberal Arts Education:** Utilized communication techniques to lead an audience / Collaborate with other performers & crew