

# CELIA PAYNE

Yoga, Pilates, and Functional Movement Coach,  
specializing in customized and accessible classes.



## OVER 9,000 TEACHING HOURS

### CURRENT

**Feb. 2016 - Present:** Pilates, Yoga, Group Fitness, and Women's Only Classes at Movati Athletic.

**Sept. 2014 - Present:** Older Adult Fitness, Pilates at City of Guelph.

**April 2016 - Present:** Specialty Fitness Instructor at The Co-operators.

### PAST

**June 2015 - March 2018:** Older adult fitness at Guelph Lake Commons Retirement Home.

**Jan. 2015 - Jan. 2018:** Specialty Fitness Instructor at McNeil Consumer Health Care (Johnson & Johnson).

**Sept. 2015 - March 2017:** Pilates and reception at Pilates in Guelph Studio.

**Feb. 2012 - March 2014:** Age 65+ fitness and yoga for the Ahmadiyya Muslim Community Senior's Group.

**Sept. 2012 - Sept 2014:** Yoga at York University.

**Dec. 2012 - June 2015:** Older adult, adult, and children's yoga for City of Toronto.

**Sept. 2012 - April 2015:** Health and Fitness Gym Associate at Toronto Cricket Skating and Curling Club.

**Feb 2012 - Dec. 2014:** Fitness classes and walking club for ages 65+ at Downsview Services for Seniors

**Nov. 2011 - Dec 2014:** Age 65+ movement therapy and children's fitness at York Fairbank Centre for Seniors.

## FORMAL EDUCATION

**Graduating soon:** Kinesiology Minor Degree from York University.

**2011:** Bachelor of Arts - English, Specialized, Honours, from York Univ.

## CERTIFICATIONS

**2015 - Present:** Certified Pilates Teacher with Body Harmonics Pilates.

**2013 - 2014:** Hot Yoga Instructor Certification from Moksha Yoga.

**2011:** Mind/Body Specialist Certification from Canfitpro.

**2011 - Present:** Certified Yoga Teacher in Ashtanga, Hatha, Classic, Hot, & Restorative Yoga with the Canadian Yoga Alliance, received from Yoga Plus.

**2010 - Present:** CPR and First Aid certified: Adult; Child; AED.

## CONTINUING ED.

**2010 - 2018:** 32 and counting, workshop and/or certification credits at the Annual Yoga Conference and Show.

*I am insured and my classes are wildly popular, fun, and grow attendance.*

*Full Resume at [CeliaPayne.com/resume](http://CeliaPayne.com/resume)*



CeliaPayne.com



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