

CELIA PAYNE

INSURED FULL-TIME YOGA AND FITNESS INSTRUCTOR

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 [LinkedIn Profile](#)

519-546-2024

FULL-TIME YOGA AND FITNESS INSTRUCTOR WITH OVER 9,000 TEACHING HOURS SINCK 2010.

My classes are wildly popular, fun, and grow attendance.
I am insured, CPR certified, and First Aid certified: Adult; Child; AED

I specialize in older adults, and incorporate numerous styles to design accessible, effective, innovative, safe, fun classes, which students love. Every class is different, so they attend regularly, tell their friends, see increases in mobility and strength, and walk away with improved self-esteem and tools to further increase their well-being.

Yoga, Pilates, & Fitness Experience (Guelph)

SPECIALTY FITNESS

INSTRUCTOR

April 2016 - Present

The Co-operators

- Pilates Instruction
- Yoga Instruction

GROUP FITNESS

February 2016 - Present

Movati Athletic

- Pilates Instruction
- Yoga Instruction
- Group Fitness
- Women's Only Classes

GROUP FITNESS

September 2014 - Present

City of Guelph

- Pilates
- Walking Club
- Design and lead a beginner weight training class for seniors

PILATES

January 2016 - Sept 2017

Pilates in Guelph Studio

- Pilates Instruction
- Reception

GROUP FITNESS

June, 2015 - March, 2018

Guelph Lake Commons Retirement Home

- Older adult fitness instructor

SPECIALTY FITNESS
INSTRUCTOR
March 2015 - March 2016

Township of Guelph Eramosa

- Teaching yoga and stretch and strengthen to adults 55+

SPECIALTY FITNESS
INSTRUCTOR
January, 2015 - January, 2018

McNeil Consumer Health Care (Johnson & Johnson)

- Variety of fitness classes
- Pilates

GROUP FITNESS
Sept, 2015 - March, 2017

Guelph Eramosa Township

- Balance & fitness classes for older adults

PERSONAL TRAINER,
GROUP FITNESS LEADER
December 2014 - June 2015

Vitality Fitness

- Instructing weekly troop classes
- Private and semi-private personal training

Yoga & Fitness Experience (Toronto)

YOGA INSTRUCTOR
December 2012 - Jun 2015

City of Toronto

- Design and lead weekly yoga classes for older adults and children's groups

HEALTH AND FITNESS GYM
ASSOCIATE
September 2012 - April 2015

Toronto Cricket Skating and Curling Club

- Monitor gym and assist club members
- Health and fitness assessments
- Design and administer fitness prescriptions and programs
- Substitute teaching
- Billing and admin support
- Gym and health initiative promotion
- Membership relation building

YOGA INSTRUCTOR
September 2012 - September
2014

York University – Tait McKenzie Fitness Centre

- Design and lead weekly adult, beginner – level yoga classes

GROUP FITNESS,
YOGA INSTRUCTOR
February 2012 - March 2014

Ahmadiyya Muslim Community Seniors' Group

- Design and lead a weekly fitness/yoga classes for a 65+ women's group

PUBLIC SPEAKING

City of Toronto

- February 2013 - June 2015 Motivational speaking for children 16 and under:
- Self Esteem
 - Personal Development (Getting Over a Fear / Keeping Commitments)
 - Self Love / Self Respect
 - Self Discipline Through Yoga
- STUDIO AMBASSADOR Moksha Thornhill
- June 2013 - October 2014
- Instruct four Moksha Flow classes a month
- GROUP FITNESS,
YOGA INSTRUCTOR Downsview Services for Seniors
- February 2012 - December 2014
- Design and lead weekly fitness and Walking Club sessions for individuals 55+
- GROUP FITNESS,
YOGA INSTRUCTOR York Fairbank Centre for Seniors
- November 2011 - December 2014
- Design and lead weekly movement therapy sessions for individuals 55+
 - Design and lead weekly yoga and fitness classes for two children's groups

Prior Administrative, Managerial, Service Experience

- 7 Years Education Safety Association of Ontario
- Customer Care Co-ordinator (2010 - February 2012)
 - Administrative Assistant (2007 - 2010)
 - Client Services Rep (2005 - 2006)
- 2 Years Citifinancial Retail Services
- Mailroom Agent (February 2005 - October 2005)
 - Help and Escalation Agent (January 2004 - February 2005)
 - Customer Service Rep. (November 2003 - January 2004)
- 1.5 Years Simcoe Shoppe
- Daytime Manager
- 3.5 Years CIBC VISA
- Staff Accounts (September 2000 - March 2002)
 - Commercial Products (April 2000 - September 2000)
 - Fraud Prevention Officer (November 1999 - April 2000)

Education and Qualifications

KINESIOLOGY York University

Graduating soon • Kinesiology Minor Degree

ENGLISH York University

- April, 2011 • Bachelor of Arts – English, Specialized, Honours
• Strengths include composition, constructive evaluation and critical thinking

PILATES Body Harmonics Pilates

- September 2015 - Current • Certified Pilates Teacher

MIND-BODY, Canadian Fitness Professionals (Canfit Pro)
GROUP FITNESS • Mind-Body Specialist Certification

November, 2011

YOGA Canadian Yoga Alliance

- March, 2011 - Current • Certified Yoga Teacher in 5 Styles: Ashtanga, Hawthth, Classic, Hot, & Restorative

YOGA Yoga Plus

- June, 2011 • Yoga Instructor Certification & Restorative Yoga Instructor Certification

YOGA Moksha Yoga

- June, 2013 - June, 2014 • Moksha Yoga Instructor Certification

YOGA The Annual Yoga Conference and Show (Workshops & Certification Credits)

- March, 2010 • 1. Ayurveda 101, 2. Kundalini Yoga
March, 2012 • 1. Yoga for Arthritis, 2. The Secrets of Pranayam, 3. Root Chakra
March, 2013 • 1. Anatomy Studies, 2. Posture, 3. Sequencing, 4. Alignment
March, 2014 • 1. Osteopenia, Osteoporosis & Orthopaedic Health, 2. Kundalini Yoga, 3. Yoga, Psychology and Science: Healing Anxiety, Depression & Chronic Stress, 4. Beyond Perfect Bodies: How to use yoga with movement-challenged populations
March, 2017 • 1. Serratus Anterior Master Class, 2. Pilates Core Ball, 3. Neck Anatomy, 4. Yoga Pilates Infusion, 5. Pelvic Floor Anatomy, 6. Sacroiliac Joint Function, 7. Pilates Reformer, 8. Suspension Yoga, 9. Emerging Yoga Trends
April, 2018 • 1. Myofacial Self-care, 2. Shoulder, neck, and jaw pain relief, 3. Yoga and Pilates Infusion, 4. Yoga for Joint Challenges and Limited Range of Motion, 5. Breathing Mechanics and Protocols, 6. Pain and the Stretch Reflex, 7. Neuroimmunology, Neurodynamics, and Yoga, 8. Feet First, 9. Pilates Reformer, 10. Aerial Yoga

HEALTH & SAFETY Workplace Health and Safety Certification Training

- 2006, 2007 • AODA Accessibility for Ontarians with Disabilities Act Training, completed in Toronto and with the City of Guelph (Oct, Dec 2014 & Jan 2015)
• Basic Certification (December 2006)

- Workplace Specific Hazard Certification-Environmental, Ergonomic, Slips & Falls Hazards (March 2007)

COMPUTER TRAINING DPA Communications

- June 2007 • Microsoft Access Introductory Course Certificate

COMPUTER TRAINING Education Safety Association of Ontario

- February 2006 • Crystal Reports (X) Training