

KYLIE G. GROGAN

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Westmont, IL ~ (708) 497-0494

SUMMARY OF CERTIFICATIONS

- First Aid/ CPR/ AED, American Red Cross
- RYT 200 Yoga Teacher Certification, Rising Lotus Yoga Studio, May 2017- Present
- Reiki Practitioner Level 2, April 2017- Present

EDUCATION

Bachelor of Science in Exercise and Movement Science
Lewis University, Romeoville, IL

Expected: May 2019
GPA: 3.7/4.0

FIELD EXPERIENCE

- Completed (20) hours at LC Wellness, Naturopathic Doctors office
- Completed (20) hours at Rising Lotus Healing Center, Yoga studio
- Completed (40) hours in the athletic training room and at games at Romeoville High school
- Completed (150) hours Athletic Training clinical experience at Lewis University

WORK EXPERIENCE

Yoga Teacher

Rising Lotus Yoga Studio, Homer Glen, IL

May 2017- Present

- Specialize in Gentle Yoga and Hatha Yoga styles, and lead classes of all levels
- Teach students correct alignment to ensure maximum benefit and safety
- Work with students of all types to create customized adjustments that increase well being
- Teach intensive yoga workshops for back pain, anxiety, and stress relief
- Develop promotions to increase participation

Yoga Instructor/ Group Fitness Instructor

Lewis University Recreation and Fitness Center, Romeoville, IL

January 2016 - Present

- Teach Pilates Barre, and all levels yoga classes
- Work at front desk, and handle guest relations
- Create relaxing environment to promote stress relief

Coach

Sports Kids, Chicago, IL

May 2016 - October 2016

- Coached different youth sports classes
- Payed attention to the needs of every student in each class
- Developed lesson plans and talk with parents about their children's experience

HONORS AND AWARDS

- *Recipient*, Bishop Sheil scholarship, 2016-2018
- *Recipient*, High Honors, Robert Morris University, 3 semesters
- *Recipient*, Deans List, Lewis University, 6 semesters

LEADERSHIP, ACTIVITIES, AND VOLUNTEER EXPERIENCE

- *Member*, Lewis University Student Outdoor Adventure Club, 2016 - 2018
- *Volunteer*, Konows Corn Maze, Summer 2015
- *Volunteer*, Chicago Food Depository, December 2016
- *Volunteer*, Morning Star Mission, Spring 2017
- *Volunteer*, IVHQ Sea Turtle Conservation, Summer 2017

LANGUAGE AND COMPUTER SKILLS

- Proficient in Microsoft Word, PowerPoint, Excel, and social media

- Familiar with Spanish