

Gillian Eliza

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www.GillianElizaYoga.com

IG: @gillianeliza

E-RYT 200, Trauma Informed Yoga Teacher



Teaching Style

Influenced by my trauma informed training, I am committed to providing students the space to access their true yoga practice mentally and physically. Using yogic principles such as breath, physical asana, and meditation, we can truly learn to not only appreciate ourselves but also learn to meet ourselves exactly where we are right now.

Training/Credentials

Continuing Education: Advanced Sequencing, Assisting, & Meditation

Carmen & Moises Aguilar
April 2018 - The Lab Chicago

Carmen & Moises Aguilar approach sequencing and assisting from an intelligent, alignment based approach. This four-day training delved into sequencing to multiple peak poses, learning Carmen's CYoga Ashtanga influenced style of teaching, and advanced intentional hands-on adjusts/assists.

65-hour Trauma Informed Yoga Therapy/Overcome Anxiety Clinic:

Sundara Yoga Therapy
October 2016 - Dallas, TX

Trauma Informed Yoga Therapy provides students with the support to feel safe in an environment where they can delve in to their bodies to help cope with anxiety, trauma, PTSD, and stress. Through scientific and yogic techniques: breath work, physical movement, understanding how the body processes anxiety/stress, and positive affirmations. Students can begin to reprogram their responses to anxiety and trauma, helping bring them calm as well as help to resolve issues alongside their mental health professional.

200-hour Yoga Teacher Training: CorePower Yoga

Beginner to Advanced Vinyasa: C1/C2, Hot Power Fusion, Yoga Sculpt

October 2014 – November 2016
Chicago, IL | Austin, TX

CorePower Yoga training provided many different yoga styles to use with students. Beginner to advanced vinyasa allows students to move with their breath to build heat, strength, and focus.

CPR/AED Certified: American Health Care Academy

Valid until 1.22.2022

Liability Insurance: Philadelphia Insurance Agency Inc.

Valid until 1.15.2022

Current Employment:

Austin Boulderling Project

August 2018 - Present
Austin, TX

Beginner – Advanced Vinyasa, CYoga, Align

Black Swan Yoga

August 2017 – August 2020
Austin, TX

Beginner – Advanced Vinyasa, Yoga for Anxiety Workshops, Yoga Nidra

CorePower Yoga

April 2014 – October 2018
Austin, TX

Beginner – Advanced Vinyasa, Yoga Sculpt, Hot Power Fusion, Bootcamp

Stronghorn Fitness | Director of Yoga

May 2017 – June 2019
Austin, TX

Event Coordination, Management, Corporate Yoga, Beginner level outdoor yoga, Strength Training.