

Reed Ridgley

reed.ridgley@gmail.com

www.reedridgley.com

(917) 826-4925



Yoga Summary

Rooted in an extensive background in competitive gymnastics, followed by several years as a fitness instructor and personal trainer, and now with over 1200 certified yoga teacher training hours and having taught over 1500 professional hot yoga classes, my athletic classes focus on muscular and core engagement while linking movement to breath through creative sequences that build towards peak poses.

Teaching Experience

MODO YOGA New York, NY 2017 - Present

Each of the following class certifications requires extensive additional training beyond the initial teacher training hours, as well as self-study, mentorship, and observation by senior teachers before a teacher is cleared and certified to teach. I am certified to teach the following:

- **Modo Flow (Vinyasa)** - A hot vinyasa yoga practice linking poses to the breath while consistently traveling through Surya A, variations on B, and balancing postures.
- **Vinyasa Freestyle Flow** - A hot vinyasa flow class using intelligent sequencing which builds towards a peak pose or a theme. Poses tend to be slightly more challenging.
- **Core Flow** - An advanced, core-focused, hot vinyasa flow class that blends blocks of core strengthening exercises with intelligent flow sequences that progress from the core work.
- **Modo (Hatha)** - A set series of approximately 45 poses including standard standing and floor postures found in Hatha classes.
- **Yin** - A slower, more meditative practice that uses longer holds to target deep connective tissues.
- **Yang Yin** - A combination of Yin and Vinyasa Yoga, each style either complimenting or countering the other.

SUI YOGA New York, NY 2022 - Present

- **Vinyasa, Power Flow, Core Flow**

EQUINOX New York, NY 2023 - Present

- **Vinyasa, Power Flow**

YOGA SPARK New York, NY 2020 - 2022

- **Power Flow**

TEACHER TRAINEE MENTORING New York, NY 2019 - 2020

- **Modo Yoga Peer Support Guide** - Mentor new teachers through their 500 Hour Modo Yoga Level 1 Teacher Training

Teacher Training

Pilates Mat Intensive 100 Hours - Lara Hudson Pilates New York, NY 2020

Yin Yoga Intensive 32 Hours - Integral Yoga New York, NY, August 2019

Vinyasa Sequencing Intensive 70 Hours - Modo Yoga Montreal, QC, Canada, July 2019

Vinyasa Flow Intensive 50 Hours - Modo Yoga Montreal, QC, Canada, July 2018

Teacher Training 500 Hours - Modo Yoga Kelowna, BC, Canada, July 2017

Advanced Teacher Training 300 Hours -YogaWorks New York, NY, August 2016

Teacher Training 200 Hours - YogaWorks New York, NY, August 2015