

CINDY RASPILLER

RYT200 | Vinyasa Flow | Power | Gentle/Restorative | Corporate

☎ 207-756-3889

🌐 <https://cindy.yoga>

✉ cindy@cindyras.com

PROFILE

My classes focus on using mindful movement to increase strength and range of motion. As a lifelong learner, I am always looking for new ways to help my students feel stronger and more at ease in their bodies.

TRAINING

April 2021

Yoga Deconstructed® Movement Science Principles for Teaching Book Club

Instructor:

Trina Altman, E-RYT® 500

February 2019

Biomechanics Meets Energetics 12 Hour Workshop

Instructor:

Jules Mitchell, E-RYT® 500, YACEP®

March 2018

Office Yoga™ 25 Hour Teacher Training

Program Director:

Maryam Sharifzadeh

June 2016

Yoga Belly Mentorship Program

Mentor:

Aaron Goodnow, E-RYT® 200

May 2016

Yoga Belly 200 Hour Teacher Training Program

Program Director:

Courtney Ronca, E-RYT® 500

EXPERIENCE

Yoga Wave Cupertino | yogawavecupertino.com

Cupertino, CA | June 2018 - July 2020

Taught a weekly Vinyasa Flow class at a high-energy, community-driven local studio.

Office Yoga | officeyoga.com

Riverbed Technologies, Sunnyvale, CA | October 2017 - June 2019

Taught corporate yoga on-site twice a week to a group of fun, dedicated students. Subbed corporate yoga classes at locations all over the Bay Area.

Downward Drinking Dog | downwarddrinkingdog.com

November 2017 - Present

I get to teach large, special-event classes at breweries, wineries, and parks across the Bay Area.

Flanagan Fitness

Tesoro at Crescent Village, San Jose, CA | November 2016 - June 2019

Taught weekly classes at the fitness facility for a luxury apartment community. Subbed classes at other communities across the Bay Area.

Pints & Poses

Santa Clara Valley Brewing, San Jose, CA | March 2017 - July 2018

Twice a month I taught and hosted large, all-levels classes at this local South Bay brewery.

Yoga Belly | yogabellystudio.com

Mountain View, CA | March 2017 - July 2018

Taught two weekly Slow Flow "After Dark" classes at this Bay Area Power Yoga haven.

Studio 10 Dance | studio10dance.com

Cupertino, CA | January 2017 - Present

Longtime substitute teacher for a tight-knit group of dedicated Iyengar yogis at this local dance studio.

Title Nine

Palo Alto, CA | December 2016 - March 2017

Taught weekly classes at Title Nine's downtown retail location.

Namaste at the Bar

August 2016 - February 2017

Organized, marketed, and taught large special event yoga classes for local breweries and restaurants.

Yoga Belly Studio Check-in Crew | yogabellystudio.com

Mountain View, CA | September 2015 - May 2016

Checked in students, completed retail and class purchases, tidied the studio and developed a deep familiarity with the MindBody scheduling program.