



Lindsay Nance

Yogi

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I am a yoga and movement teacher with 10 years of experience. I create classes that serve your company's specific needs, ranging from chair and beginner yoga to more vigorous Vinyasa classes. My classes are also layered with meditation, breathwork and the philosophies of F.M Alexander to aid in stress reduction and body awareness. Movement in the workplace not only benefits the individual employee, but also provides a space for community and connection, this is especially true as our workplaces have become decentralized. As workplace culture shifts, yoga + movement opportunities for employees are an integral way for organizations to invest in the wellbeing of their employees, which in turn increases the overall health of the company.

TEACHING

Corporate + Organizations Served

2013 – present

QVT Financial
Hills Bank
Clarity Staffing
Mount Sinai Hospital
University of Tennessee
University of Idaho
Elkhart Public Library

Altona Yoga, Alton, MB

2021 – present

- Slow Vinyasa

Slope Fitness, Brooklyn, NY

2017 – present

- Slow Vinyasa

New York Yoga, New York, NY

2017 – 2021

- Power Yoga (hot)
- All Levels Vinyasa (hot)

Pure Yoga, New York, NY

2019 – 2021

- Power Yoga
- Vinyasa

Spacious Heart Yoga, Goshen, IN

2012 – 2013

- All Levels Vinyasa
- Yin

EDUCATION/ CERTIFICATIONS

University of Tennessee, Knoxville, TN

2016

MFA in Acting

CorePower Yoga, Chicago, IL

2012

200-hour RYT

American Red Cross, New York, NY

2021

CPR/AED Certified