

Sydney Inman

www.sydneygraceyoga.com | New York, New York | sydneyginman@gmail.com

Experience

Yoga Instructor | EXOS **January 2026 – Current | New York, NY**

- Teach two classes weekly at both Citadel locations on Park Ave. for high-performing professionals.
- Led corporate yoga and mobility classes focused on improving posture, relieving tension from prolonged desk work, and supporting mental decompression for high-stress professionals through breathwork, mobility drills, and restorative movement practices.

Yoga Instructor | Asphalt Green Battery City Park **August 2025 – Current | New York, NY**

- Adapt teaching style to meet individual student needs, offering modifications and adjustments.
- Strong ability to build community and encourage student growth beyond the mat.

Yoga Instructor | Yoga Box **August 2025 – Current | Brooklyn, NY**

- Focus on helping each participant regain and build strength, mobility, and cardiovascular health.
- Develop and sequence creative, safe, and alignment-focused flows.

Yoga Instructor | HealthFitness **November 2024 – Current | New York, NY**

- Design and teach weekly corporate yoga classes at Sony Entertainment, and MetLife address stress relief and mental clarity for high-performing professionals.
- Lead group meditation sessions, breathing exercises, and pose demonstration.

Yoga Instructor | Corporate Fitness Works **February 2025 – June 2025 | New York, NY**

- Foster a calm and supportive space for professionals to improve flexibility, focus, and resilience.
- Integrate breathwork, meditation, and functional movement to enhance workplace productivity and well-being.

Education and Certifications

RYT – 200 Hour | Arise Yoga **February 2024 – June 2024 | Crown Heights, Brooklyn**

Arise Yoga offers an immersive 200-hour yoga teacher training course, deeply rooted in the practices of Vinyasa and Hatha yoga. I was drawn to Arise Yoga because of their dedicated approach to teaching yoga through a social justice lens, embodying the true spirit of yoga both on and off the mat.

Adult First Aid/CPR/AED | American Red Cross **December 2024 | New York, New York**

Skills

Asana Expertise | Anatomy Knowledge | Pranayama Techniques | Meditation and Mindfulness | Yoga Philosophy | Class Sequencing | Alignment and Safety | Communication | Motivation and Encouragement | Class Management | Holistic Wellness Knowledge | Adaptability | Empathetic Listening