

LAURA BURCH

LAURA BURCH.LB@GMAIL.COM
·682-365-9727·

CERTIFIED BIKRAM YOGA INSTRUCTOR

I am a traveling Bikram Yoga teacher. I have over 9 years of teaching and continuing education. I bring a fresh approach to teaching and movement communication. Everyone learns differently, and I make it my job to have as many tools as I can to help guide students in their journey. I am available for Bikram 90, Bikram 60, private/small group lessons, and workshops.

YOGA STUDIO TEACHING EXPERIENCE. Bikram Yoga West Seattle August 2017 to July 2018

Sea Level Hot Yoga August 2017 to December 2017

Bikram Yoga Bellingham October 2011 to August 2018

Bikram Yoga Mt Vernon July 2011 to October 2011

Bikram Yoga Dallas · December 2010 to June 2011

Bikram Yoga Grapevine · December 2009 to June 2011

YOGA EDUCATION

Bikram's Yoga Teacher Training Fall 2009

Rajashree Choudhury Posture Clinic 2010

Competing in Texas Yoga Asanas Championships 2010

International Yoga Champions Posture Clinic 2010

Synergy Workshop 2010

Diane Ducharme teacher and posture Clinic 2010

Competing in Texas Yoga Asana Championships 2008

Lynn Whitlow Posture Clinic 2007

Esak Garcia Posture Clinic 2006

Jason Winn Posture Clinic 2005

MOVEMENT EDUCATION

Certified Massage Therapist 2017

Mat 1 Pilates Certified through Balanced Body 2017

Joint Mobility Workshop with focus on Shoulders 2016

Anatomy in Clay workshop on Shoulders 2017

Glute and Backbend Workshop with Cirque Physio 2018

Cadaver Lab at Bastyr University 2017

What the Fuzz Lecture with Gil Hedley 2018

CIRCUS TEACHING EXPERIENCE

Master Class at Lynchburg Academy of Dance 2018

Aerial Horizons traveling workshops 2018

Versatile Arts Intermediate Silk Workshops 2017 to 2018

Versatile Arts Teaching Assistant 2016-2018

Bellingham Circus Guild Beginning Aerial Workshops 2015

Laura had also been performing aerial circus professionally since 2015. She is currently on a 17 month tour with the Venardos Circus as the principal aerialist. She performs on silk, lyra, trapeze, and duo spanish web.

PLEASE EMAIL FOR REFERENCES