

# SONIA AZAD

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Dallas TX | sonia.m.azad@gmail.com

## SUMMARY

I am most passionate about guiding beginners through their discovery of mind and movement. As a trained dancer and long-distance runner, my gentle, alignment-based Vinyasa flow classes are the perfect cross-training grounds for athletes who may just be stepping into yoga for the first time. My classes are designed not to further aggravate the body, but instead, to foster grounds for healing and opening - in the body and the mind. I believe that through a consistent practice, students can translate the gifts discovered on the mat into living with more presence, patience, gratitude, and courage off the mat.

## SKILLS

- Safety understanding
- Human anatomy understanding
- Designing sequences
- Personable and friendly

## EXPERIENCE

- 12/2015 to Current** **Certified Yoga Instructor**  
**Balancing Energy Health & Yoga Center** — Dallas, TX
- Introduction to Vinyasa Instructor
  - Vinyasa Level 1/2 Instructor
- 08/2019 to 01/2020** **Certified Yoga Instructor**  
**TruFusion** — Dallas, TX
- Introduction to Yoga instructor
- 06/2015 to 10/2015** **Certified Yoga Instructor**  
**Kahanu Yoga & Meditation** — Cypress, TX
- Vinyasa Flow, Yin & Restorative substitute instructor
- 02/2015 to 10/2015** **Certified Yoga Instructor**  
**Cherry Blossom Yoga LLC** — Spring, TX
- Introduction to Yoga instructor
  - Vinyasa Level 1/2 instructor

## EDUCATION AND TRAINING

- 02/2015** 200-Hour Teacher Training  
**Joy Yoga University** — Houston, TX
- 02/2019** 20-Hour Yin Yoga Course  
**Yoga Yoga** — Austin, TX
- 07/2020** 200-Hour Meditation Teacher Training  
**Breathe Meditation & Wellness** — Dallas, TX
- 11/2020** 10-Hour Transformational Breathwork Course  
**YogaOne Blue Sky Ranch LLC** — Houston, TX

## YOGA & WELLNESS RETREATS

I lead international yoga retreats through One Yoga Global. I have taken groups to: Iceland, Guatemala, Galapagos Islands & Bali.

## CORPORATE CLASSES

I have led regular corporate yoga classes for: Direct Energy, Skyline Art Services, Kosmos Energy, Reunion Tower, & Westphall PR.

## SPECIALTY CLASSES

I have led live music yoga events at: Cherry Blossom Yoga, BalancingEnergy, City Yoga & in Deep Ellum in conjunction with Barre Code Design District. Other special classes include: sunset flow at the top of Reunion Tower in Dallas as well as small group yoga, stretching and meditation sessions in-person and online. I have also guided arm balancing and inversion workshops for

beginners in Houston and in Dallas. Online classes can be found on:  
[www.sonia-azad.com](http://www.sonia-azad.com)