

# SONIA AZAD

---

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**  
**Harmony Yoga & Health Center** — Dallas, TX
- Introduction to Vinyasa Instructor
  - All Levels Vinyasa Instructor
  - Gentle Yoga + Meditation Instructor
  - Vinyasa Level 1/2 Instructor
- 08/2019 to 01/2020**    **Certified Yoga Instructor**  
**TruFusion** — Dallas, TX
- Introduction to Yoga 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

- 08/2022**    12-Hour Usui Reiki Level One Certification  
**Breathe Meditation & Wellness** — Dallas, TX
- 08/2022**    8-Hour Sound Immersion Certification  
**Breathe Meditation & Wellness** — Dallas, TX
- 11/2020**    10-Hour Transformational Breathwork Course  
**YogaOne Blue Sky Ranch LLC** — Houston, TX
- 07/2020**    200-Hour Meditation Teacher Training  
**Breathe Meditation & Wellness** — Dallas, TX
- 02/2019**    20-Hour Yin Yoga Course  
**Yoga Yoga** — Austin, TX
- 02/2015**    200-Hour Teacher Training  
**Joy Yoga University** — Houston, TX

## YOGA & WELLNESS RETREATS

I lead international yoga retreats through One Yoga Global. I have taken groups to: Iceland, Guatemala, Galapagos Islands & Bali. Domestically, my retreats have taken us to: Feathered Pipe Ranch in Helena, MT, High Hope Ranch and The Vineyard at Florence in the beautiful Texas Hill Country.

## CORPORATE CLASSES

I have led corporate yoga classes for: Dallas Trial Lawyers, Tolleson Wealth Management, The American College of Obstetricians and Gynecologists (ACOG), Direct Energy, Skyline Art Services, Kosmos Energy, Reunion Tower, Westphall PR and others.

## **SPECIALTY CLASSES**

I have led live music yoga events at: Cherry Blossom Yoga, BalancingEnergy Yoga & Health, Harmony Yoga & Health, City Yoga, & in Dallas' Deep Ellum neighborhood in conjunction with Barre Code Design District. Other special curated classes include: sunset flow at the top of Reunion Tower in Dallas, a series of meditation audio recordings for Stay Fit Virtual's Dive-In New Year Challenge, as well as in-studio meditation, arm balancing and inversion workshops for beginners in Houston and in Dallas. Online classes can be found at: [www.sonia-azad.com](http://www.sonia-azad.com)