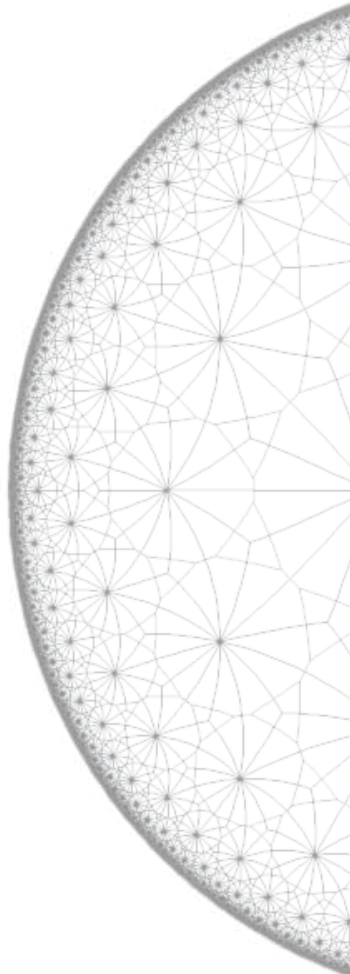


# Kimberley Mok

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## SUMMARY

My goal is to serve as a guide, helping students re-establish contact with their inner selves through balanced sequences that bring awareness to breath, movement and stillness. My classes assist students in nurturing a subtle awareness of the interconnected body, mind and spirit, to initiate and support new, healthy habits in self-acceptance and positive thinking.

## CERTIFICATIONS & EDUCATION

- 200 Hour Registered Yoga Teacher Training (Integral Yoga, 2008)
- 100 Hour Hoopdance Teacher Training (IHOOPU, 2010)
- 10 Day Vipassana Meditation Program (Auroville, 2007)
- Prenatal Yoga Teacher Training (Janice Clarfield / Urban Yoga, 2010, 26 CEUs)
- Kids Yoga Teacher Training (Kidding Around Yoga, 2015, 26 CEUs)
- Diploma in Environment; McGill University (Montréal, Canada, 2007 - 2008)
- Bachelor of Architecture; Cornell University (Ithaca, New York, USA, 1999 - 2004)

SKILLS: Familiarity with classical hatha yoga styles such as Integral Yoga, Sivanada Yoga; and Vinyasa (as taught by Sri Dharma Mittra); pranayama, yoga nidra, meditation techniques, mantra, ayurveda, yoga for addiction recovery, structural yoga therapy techniques, prenatal & kids yoga

INTERESTS: Sustainable design & architecture, permaculture, spiritual study

## TEACHING & WORK EXPERIENCE

### INTEGRAL YOGA INSTITUTE OF MONTREAL

2008 - Current, Yoga Instructor

Facilitated balanced, holistic classes for beginner and intermediate levels using effective demonstrations, adjustments and supportive communication; managed and produced studio marketing materials, implemented website redesign & maintenance

### IHOOPU

2010 Summer, Hoopdance Instructor

Led fun, invigorating and challenging hoopdance classes for all ages and abilities

### MILE END MISSION

Spring & Summer 2010, Yoga Instructor

Created and led stress-relieving and accessible yoga classes for local community center

### LANGMOBILE KIDS LANGUAGE CAMP

Summer 2009, Yoga & Hoopdance Instructor

Motivated children ages 8 to 11 to participate in fun fitness routines based on yoga & hoopdance

### NATURA MUSIC FESTIVAL

August 2008, Yoga Workshop Facilitator

Designed an outdoor workshop welcoming beginners to a relaxed hatha yoga practice