



# Lesley Levenson

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Body-breathe-believe: Individualized yoga practice to improve balance, flexibility, and overall well-being.

[www.bodybreathebelieve.com](http://www.bodybreathebelieve.com)

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## CERTIFICATIONS: E-RYT® 200/ RYT® 500

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- **200-hour Vinyasa Flow, E-RYT® 200**-Sonic Yoga, New York, NY
- **300-hour TT, RYT® 500**-Sonic Yoga, New York, NY
- **Kid's Yoga**- Rina Yoga-Super Yogi's Kids TT
- **Trance Dance TT**- Sonic Yoga, New York, NY
- **Thai Yoga Bodywork**-Lotus Palm School, Montreal, CA

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## TRAINING

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- Fundamentals
- Vinyasa Flow
- Prana Vinyasa Flow
- Hatha
- Restorative
- Meditation
- Thai Yoga Bodywork & Alignment
- Chair Yoga
- Pranayama
- Kid's yoga

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## EXPERIENCE

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- Vinyasa Flow, Meditation and Private Instruction, Sonic Yoga, New York, NY
- Vinyasa Flow, Mercedes Club, NY, NY
- Kid's Yoga, Sonic Yoga, New York, NY
- Vinyasa Flow Class, Private Instruction, The Element, New York, NY
- ROMWOD, CrossFit, New York, NY
- Beginner Yoga Workshop, BeU, NY, NY

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## EDUCATION

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- **B.S. Personnel and Industrial Relations**, Ithaca College, Ithaca, NY
- **Certificate in Consumer Marketing Strategies**, Kellogg School of Management at Northwestern University, Evanston, IL

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## SKILLS

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- Brand building
- Fashion consulting & Life coaching
- Photography
- Dog Lover/Whisperer