

RIA PATEL

CERTIFIED YOGA TEACHER
AND YOGI

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theriapatel.com/yoga



My expertise in Vinyasa, Yin and Restore lead me to encourage my students to connect to themselves, spiritually, emotionally, and physically. I aspire to create a nourishing space where they have the option to choose how they practice. I offer Yogic philosophy that is simplified (respectfully) and accessible, and I provide a better understanding of the asana practice too.

I'm also an actor and dancer; my experience as a dancer brings great body awareness and as an actor, I bring another layer of empathy to connect with my students on the mat. Yoga leaves me feeling connected and whole and that is my intention for when my students leave class, to feel connected and whole again.

TEACHING EXPERIENCE

Yoga instructor

Yoga corner | July 2023 – Present

- Managed yoga classes for the community, fostering a sense of well-being and unity. Designed classes that catered to participants of various ages, abilities, and fitness levels, ensuring an inclusive and accessible experience for all.

Yoga instructor

Grass Roots Yoga | October 2023 – Present

- Provided comprehensive yoga instruction, covering classes in Vinyasa, Gentle Flow, Hot Yoga and Yin; emphasizing flexibility, balance, and pranayama techniques.

Dance Instructor

Shiamak Davar International 2007–2013

- Managed the kids classes, created a safe space for them to feel seen and have fun.
- Taught adult classes varying from beginners to advanced classes in Bollywood, Contemporary and Indo-Jazz (fusion of Classical Indian with Jazz)

Freelance Dance Instructor – present

As above

TRAINING

Yoga corner, Melbourne, Australia

- 250 hour training | Mar – Sep 2023
- Advanced Yoga Techniques: Mastered 200 hour program in advanced Hatha and Vinyasa techniques: asanas, pranayama, meditation, and alignment.
- Yoga Philosophy, History anatomy: Specialised in yoga's philosophy, history, and spiritual significance. Integrated anatomy expertise for safe, effective yoga practice.
- Additional 50 hours training in Prenatal, Yin and Restoration Yoga

Trauma Informed Yoga

- 15 hour training | Dec 2023
- Cultivating an understanding of Neurophysiology of Trauma-Informed Care
- Therapeutic Yoga Techniques for Trauma Survivors
- Teaching Trauma-Informed Meditation

SKILLS

- Dancer and Choreographer over 15 years
- Yoga Instruction and cueing
- Alignment and adjustments
- Creative sequencing
- Modifications and Adaptations
- Breath-work and Mindfulness
- First Aid and CPR Training