

JAKE EVANS

07933803928 | jake_evans@hotmail.co.uk | Age: 33 | Manchester

PROFILE

Hard Skills:

- Vinyasa Flow
- Hot Yoga
- Beginners Yoga
- First Aider
- Public Liability insured
- Certified by Yoga Alliance

Soft Skills:

- Creativity
- Problem-solving
- Workshop Leading
- Initiative
- Communication
- Rigorous work ethic
- Adaptable

I'm a driven movement practitioner and yoga teacher with a background in contemporary dance, and over 12 years experience of yoga. I'm deeply passionate about fitness and giving people the tools to become more embodied and live healthier lives, both physically and mentally.

EXPERIENCE

Yoga Teacher, Freelance, 2025 - present

- Teaching at various venues including Ancoats & Co., Armitage Sports Centre, Islington Mill, One Yoga (Sale), The Life Centre North.
- Special interest in Mandala Yoga & Hot yoga
- My open schedule means I'm often available to cover classes last minute
- Experience in various breathing techniques, meditation, and somatic practices such as shadow yoga, massage therapy (including Thai and myo-fascial release), and nerve mobility
- Able to tailor yoga classes to fit the specific needs of individuals or groups, often making decisions in real time to change/adapt to whatever circumstances may arise during the class

Dancer, Freelance, 2016 - present

- Making & touring dance theatre shows throughout the UK and internationally
- Maintaining extremely high levels of physical execution both on stage, and during studio rehearsals
- Experience with many different movement techniques incorporating floor work, break dance, capoeira and martial arts
- Teaching and assisting in numerous educational and community settings throughout the UK, with a diverse range of people of mixed abilities

EDUCATION

The Life Centre North - 200hr Yoga Teacher Training, 2025

Northern School of Contemporary Dance - MA Contemporary Dance, 2016

Northern School of Contemporary Dance - BPA Contemporary Dance, 2015