# JAKE EVANS

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

**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

## PROFILE

I'm a driven movement practitioner and yoga teacher with a background in contemporary dance. I have over 12 years experience of yoga, and over 15 years of teaching & leading classes. 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, JD Gym, One Yoga (Sale), The Life Centre North, Life Leisure.
- 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