

# MAIA WELBEL

maiazw@gmail.com | 312-576-1328

maiawelbel.com | @mwelbel



**RYT 200 HOUR**  
Nature Yoga Chicago  
Amber Cook &  
Wade Gotwals | 2019

## EDUCATION

**Master's Degree in journalism**  
Northwestern University | Kappa Tau  
Alpha, Comer Scholar | 2018  
**Bachelor's Degree in environmental  
analysis, minor in dance** | Pomona  
College | Cum Laude, Pomona  
College Scholar | 2016

**Training Workshops** | Nature Yoga  
Asana Origins | Gopi Om  
Arm Balances 101 | Amber Cook  
Intro to Prenatal | Abigail Lauren  
Creative Sequencing | Wade Gotwals  
Headstand Practice | Gopi Om  
Adjustments Clinic | Wade Gotwals

## Professional Experience

Yoga Teacher | Coconut Yoga  
Writer, Editor | closedloopcooking.com,  
MindBodyGreen, Cherry Bombe Magazine, Chickpea  
Magazine, Sixtysix  
Dance Teacher | Foster Dance Studios  
Dancer | Cocodaco Dance Project, J Lindsay Brown  
Social Media Manager | Foster Dance Studios  
Zumba Instructor | Pomona College

My goal as a teacher is to  
make yoga pleasurable for  
every body through  
**intentional alignment and  
loving self-awareness**

My background in classical  
dance informs my focus on  
anatomy, strength building,  
and finding joy in movement