

# MAIA WELBEL

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**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

My goal as a teacher is to make  
yoga pleasurable and rewarding  
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

## Training Workshops

**The Next Evolution of Vinyasa** | Jason Crandell  
**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, Tiny Space to Breathe  
**Dance Teacher/Choreographer** | Echo Modern Dance,  
Foster Dance Studios  
**Dancer** | Echo Modern Dance, Cocodaco Dance Project  
**Zumba Instructor** | Pomona College  
**Writer, Editor** | closedloopcooking.com, MindBodyGreen,  
Cherry Bombe Magazine, Chickpea Magazine, Sixtysix