



# CHRISTA BROLLEY

YOGA INSTRUCTOR  
[christa@yogawithchrista.com](mailto:christa@yogawithchrista.com)



## YOGA TRAINING

### BLUE NECTAR YOGA

Hatha/Vinyasa 200-hour Yoga Teacher Training

### KUNDALINI UNIVERSITY

Kundalini Yoga 200-hour Yoga Teacher Training

### WARRIORS AT EASE

Warriors at Ease Level I and II Trained Teacher

### UPLIFTED ACADEMY

Uplifted 300-hour Yoga Teacher Training  
Uplifted Embodied Yoga Life Coaching

### YOGA PSYCHE SOUL

300-hour Advanced Yoga Psychology Teacher Training

### YOGA BODY YOGA TEACHERS COLLEGE

Gravity Yoga Teacher Certificate  
Breathing Coach Certificate

### PEACEFUL BABES

Kids Yoga Teacher Training Certificate (Ages 2-17)

## YOGA EXPERIENCE

### STUDIO YOGA INSTRUCTOR

*Blue Nectar Yoga (Falls Church, VA)  
2019-2020*

Taught hatha, vinyasa, restorative, yin, and prenatal yoga classes to members.

*Power Nectar Yoga (Alexandria, VA)  
2019-2021*

Taught hot power flow and warm yin yasa to members.

### VIRTUAL YOGA INSTRUCTOR

*Virtual Nectar Yoga Studio  
2020-current*

Teaches live and on demand hatha, vinyasa, restorative, yin, and prenatal yoga classes to virtual studio members.

### YOGA TEACHER TRAINING FACULTY

*Nectar Yoga Studios 200-hour RYS Yoga Teacher Training  
2020-current*

Teaches in person and live virtual YTT and reviews student submissions for graduation. Assits in organizing and updating course material.

### STUDIO ADMINISTRATIVE COORDINATOR

*Nectar Yoga Studios  
2021-2024*

Managed Mind Body Online, ClassPass, Hey Marvelous, and other studio software for in person and virtual classes. Interacted with and handled member problems.