

# James Roberts

## **Yoga Teacher**

Atlanta, GA

[jrobertsyoga@yahoo.com](mailto:jrobertsyoga@yahoo.com)

+1 423 227 6713

I offer studio, online, and corporate yoga classes, workshops, and events designed to awaken the spirit and strengthen the body. With a strong emphasis on breath and transitions, my classes provide a positive yet challenging environment for yoga practitioners of all levels to move through obstacles and develop their practice.

I primarily teach mindful mid-paced vinyasa flow and chair classes, focused on integrating mind, body, and breath. I offer options to modify or progress most poses.

Authorized to work in the US for any employer

## Work Experience

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### **Yoga Teacher**

SkyTing - New York, NY

June 2020 to Present

I teach recorded, on-demand classes and workshops on a contract basis.

### **Yoga Teacher**

James Roberts Yoga

April 2020 to Present

I teach weekly livestream and on-demand classes for my online platform and create content for the associated Instagram and Youtube accounts.

### **Yoga Teacher**

Shambahala Yoga and Dance Center - New York, NY

March 2021 to August 2021

I taught weekly virtual Flow and Restore classes

### **Yoga Teacher**

Prospect Heights Yoga - Brooklyn, NY

February 2017 to December 2020

I taught livestream open-level vinyasa flow classes each week.

### **Yoga Instructor**

And Yoga Studios - Brooklyn, NY

January 2019 to September 2020

I taught weekly vinyasa flow, core flow, and/or power flow classes.

### **Yoga and Meditation Teacher**

Rise NYC - New York, NY

October 2019 to June 2020

Provided corporate yoga and meditation classes in-person and online for Rise NYC employees and business partners.

### **Yoga Teacher**

Rooftop Reds - Brooklyn, NY

June 2018 to August 2019

I taught multiple outdoor rooftop yoga classes in collaboration with the Rooftop Reds wine bar.

### **Yoga Teacher**

BigToe Yoga - New York, NY

December 2018 to June 2019

I taught weekly beginner level and open level vinyasa yoga classes.

### **Karma Yogi**

Sonic Yoga - New York, NY

November 2016 to August 2017

I operated the front desk using MindBody, performed cash handling duties, and maintained studio appearance.

### **Yoga Teacher**

Orchard's End Health - New Canaan, CT

June 2016 to June 2016

I taught Vinyasa flow classes at the Orchard's End Health weekend retreat

## Education

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### **200hr Teacher Training in Vinyasa Flow**

Sonic Yoga - New York, NY

2016 to 2016

### **Bachelors of Business Administration in Marketing**

Middle Tennessee State University - Murfreesboro, TN

## Skills

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- Yoga (10+ years)
- Dance (10+ years)
- Group Fitness
- Meditation
- MINDBODY
- Teaching
- Presentation Skills
- Marketing
- Flexibility

- Reliability
- Problem-solving
- Team Work

## Links

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<http://www.jamesrobertsyoga.com>

## Certifications and Licenses

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### **E-RYT-200**

October 2016 to Present

Experienced Registered Yoga Teacher with Yoga Alliance

### **YACEP**

August 2020 to Present

Yoga Alliance Continuing Education Provider

## Publications

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### **Decolonizing the Black Male Body Through Yoga**

<https://www.yogajournal.com/lifestyle/decolonizing-the-black-male-body-through-yoga/>

June 2020

Quotes from the Yoga Journal article:

"I celebrate that liberation with my yoga instructor, James Roberts, several times a week at black-owned And Yoga Studios in Brooklyn."

"Roberts, without even knowing it, was the first man to help me liberate my body by simply leading me through vinyasa flows.

Because I learned to trust him, I've been able to trust my body to move with the freedom and grace I did not anticipate feeling after I first started my practice more than a year ago. Three times a week, I walked 12 minutes to feel Roberts' liberating hands move my body into new positions that prepare me for the day ahead."

## Additional Information

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### REFERENCES

Lauren Hanna - Sonic Yoga - laurendhanna@gmail.com

Johanna Bell - Illumina Yoga - johannagbell@gmail.com

April Frazier -- afrazier4285@gmail.com