

Louise Martin

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Objective

Teach The Nia Technique™ and Yoga at Fitness and Wellness facilities.

Certifications and Teaching Experience

Yogaworks NYC (200 hour Certified) September 2006

Nia Technique (Black Belt Certified), 5 Levels of Teacher Training Completed

CPR and Standard First Aid Certified, February 2009

YogaFit™ Teacher Certificate, July 2004 NY NY

Body Dynamics™, Teacher Training, 2004 NY NY

Nia and Yoga Workshops, Spadeus, Italy June 2003, July 2004, April, May 2005

Nia Workshop, YogaFun, Rio Caliente Spa, Primavera, Mexico October 2002

Nia Workshop, Island Spirit Yoga, Maui, August 2005



Nia and Fitness Classes, April 2002 - Present

The Hills Fitness Club, Austin TX (Nia, Yoga)

JCC, Austin TX (Nia, Yoga)

Niaspace, Austin TX (Nia, Yoga)

Premier Lady Fitness, Austin TX (Nia)

Joy Moves, Austin TX (Nia)

Rio Caliente Spa, Primavera, Mexico (Nia, Yoga, Movement workshops)

Equinox, NYC (Nia, Yoga)

Dolphin Fitness Club, New York NY (Nia, Yoga)

Paris Health Club, New York, NY (Nia)

Riverplace Sports Club, New York NY (Nia, Abs Class, Nia Strength & Stretch)

Spadeus, Italy (Nia, Yoga, Sit and Fit, Nia Sculpt, Aqua Class, Boxing, Freedance)

Body Strength Studio, New York, NY (Nia, Cardio Nia)

Joyous Life Energy Center, New York, NY (Nia, Yoga, Workshops)

Allstar Fitness Club, New York, NY (Nia)

FEGGS, New York, NY (Nia, Yoga, Movement, special groups)

Rivington House, New York, NY (Nia, Special groups)

Chelsea Piers, New York, NY (Nia)

YMCA, (Nia Yoga)

Eastern Athletic Club, (Nia)

Synergy Fitness, New York, NY (Nia, Yoga)

Stanley Isaac Senior Center, New York, NY (Nia, Yoga)

JCC, New York, NY (Nia for special groups)

Related Training and Experience

Advanced Brown Belt, Mkeka-Do Karate and Kickboxing

Yoga Practice, (Hatha, Kundalini, Bikram, Yoga Works, Ista) 1990-Present

Body Dynamics, Training in the system based on bioenergetics and vibrational healing.

Actress and Acting Teacher, Trained and works professionally as an actress,

Kickboxing, Swimming, Writing, Gabrielle Roth 5 Rythms, Belly Dancing,

Voice Work, Improvisation.