

SARAH PILLA

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PROFESSIONAL PROFILE & HIGHLIGHTS

Sarah's movement journey began as a dancer and performing artist in her youth and led her to yoga in adulthood. After suffering severe lower back pain in 2011, she began to practice yoga regularly and immediately noticed the physical and mental benefits she was receiving. Despite her career in broadcast and TV production, she took a leap of faith and became a certified yoga instructor. Her enthusiasm and "full of life" demeanor set her apart as an authentic teacher who truly loves sharing her yoga passion with others, so they too can connect to their true selves.

SKILLS

Power Yoga	Anatomy	Storytelling
Yoga Sculpt	Yoga Philosophy	Hosting
Yin Yoga	In-Studio & Virtual Instruction	Video Shooting & Editing
Group Classes	Teacher Trainer	Social Media/Marketing
Private Clients	Amputee Instruction	Theming
Corporate Classes	Class Sequencing	Playlist Creation

PROFESSIONAL EXPERIENCE

Yoga Instructor

Power, Sculpt, Yin

Los Angeles, CA

September 2018 – Present

- Virtual Yoga
- Beach Cities Yoga
- Goomi

Teacher Training Facilitator

200 Hour Training Program

San Diego, CA

November 2016 – September 2018

- Reach Yoga
- CorePower Yoga

Yoga Instructor

Power, Sculpt, Yin

San Diego, CA

January 2016 – September 2018

- Exos Medifit, *Pfizer, The Alexandria, Campus Pointe*
- Private Client, *Randall Smith, Amputee*
- Appfolio
- Reach Yoga
- Aquavie at The Westgate Hotel
- CorePower Yoga
- Prokor Fit
- McGill School of Success

iYoga Everyday

On-Camera Host & Yoga Instructor

San Diego, CA

June 2018 – September 2018

- Hosted and led yoga for an instructional videos series as well as a 200-hour online yoga teacher training certification program

After The Mat*Creator, Host, Executive Producer***San Diego, CA**

September 2016 – December 2018

- Creator, Executive Producer, and Host of “After The Mat”, a digital storytelling series highlighting yoga industry leaders and how they live their yoga off their mats and into the world. All episodes shared via social media and on YouTube. Responsible for all facets of production.

CERTIFICATIONS

CorePower Yoga*50 Hour Yoga Sculpt Teacher Certification**200 Hour Yoga Teaching Certification***San Diego, CA**

2016 – Present

2015 – Present

EDUCATION

California State University, Northridge*Bachelor of Arts, Journalism***Northridge, CA**

2011

Santa Monica College*Associate of Arts, Liberal Studies***Santa Monica, CA**

2009