

Kat Olmsted, RYT
kat@softfocusliving.com

Education

University of Colorado, Boulder, CO – BFA, 1999

Certifications/Trainings

CERTIFIED USUI SHIKI RYOHO REIKI MASTER (LEVEL 3) PRACTITIONER - LAFAYETTE, CO - 2019
CERTIFIED 200 HR YOGA TEACHER - SOUL TREE SCHOOL OF YOGA (200 HR) - LAFAYETTE, CO - 2019
CERTIFIED FUNDAMENTALS YOGA NIDRA TEACHER TRAINING (18 HRS) - LAFAYETTE, CO - 2019
PHOENIX RISING ESSENTIALS (32 HRS) - DENVER, CO - 2018
PHOENIX RISING YOGA THERAPY LEVEL 2 (40 HRS) - DENVER, CO - 2018
CERTIFIED USUI REIKI PRACTITIONER (LEVELS 1 & 2) - DENVER, CO - 2018
YOGAED CHILDREN'S YOGA TRAINING (36 HRS) - ONLINE COURSE - 2018
CERTIFIED IN ADULT AND INFANT FIRST AID/CPR/AED - DENVER, CO - 2018
POWER OF AWARENESS ONLINE MEDITATION TRAINING (13 WEEK PROGRAM) - 2018
STATE OF COLORADO 3-YEAR SUBSTITUTION AUTHORIZATION (#125784) - 2018
CERTIFIED RAINBOW KIDS AND FAMILY YOGA TEACHER (27 HRS) - BOULDER, CO -2016
ANUSARA YOGA IMMERSION PART 1 (33 HRS) - ATLANTA, GA - 2011
CERTIFIED YOGA INSTRUCTOR OF CLASSICAL YOGA (200 HR) - KASHI ATLANTA - ATLANTA, GA - 2008
MUKUNDA STILES JOINT FREEING SERIES - ATLANTA, GA - 2008
CERTIFIED YOGA INSTRUCTOR (89 HRS) - AXIS YOGA - DENVER, CO - 2003

Experience

YOGA INSTRUCTOR; RADIANCE POWER YOGA; BOULDER, CO; MAY 2019 - PRESENT

Teach a weekly adult flow and sacred flow class. • Teach a weekly children's class for kids 4 - 12 years of age. • Served as a long-term substitute for a restorative yoga class. • Substitute for other adult classes whenever needed or available. • Greet customers and register students using MBO software.

CORPORATE YOGA INSTRUCTOR; LODO MASSAGE; DENVER, CO; SEPTEMBER 2019 - PRESENT

Teach corporate yoga, chair yoga and meditation in the metro Denver area.

YOGA INSTRUCTOR; SOUL TREE YOGA; LAFAYETTE, CO; SEPTEMBER 2019 - PRESENT

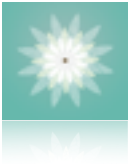
Teach a morning flow class once a week. • Substitute for adult classes whenever needed and available. • Greet customers and register students using MBO software.

SUBSTITUTE YOGA INSTRUCTOR; SOL19; LONGMONT, CO; SEPTEMBER 2019 - PRESENT

Teach a weekly Yoga Nidra class whenever needed and available. • Greet customers and register students using MBO software.

SUBSTITUTE YOGA INSTRUCTOR, ODYSSEY YOGA; LONGMONT, CO – 2016 - PRESENT

Teaching children's yoga whenever needed. • Do laundry and fold clean laundry. • Process students' purchases before and after assigned class.



Kat Olmsted, RYT

kat@softfocusliving.com

Experience Continued

TEACHER'S ASSISTANT, PHOENIX RISING ESSENTIAL TRAINING PROGRAM; DENVER, CO – OCT. 18 - 21, 2018

Responsible for greeting and checking in students. • Made sure students filled out all the required documents and paid their tuition in full. • Set up and replenished snacks when necessary. • Served as the 'receiver' when the teacher, Bev Johnson, demonstrated certain yoga assists used in Phoenix Rising Yoga Therapy program. • Served as a back-up student when there was an odd number of students. • Cleaned the studio and the bathrooms.

YOGA INSTRUCTOR/SUB INSTRUCTOR, SANCHEZ ELEMENTARY DRAGON PROGRAM; LAFAYETTE, CO - JAN, 2017- MAY, 2018

Taught children's yoga for two different age groups. • The yoga practices were theme based and age appropriate, using poses, breath work and meditation along with games and partner yoga. • Taught children how to work together and how to treat each other with kindness and respect. • Taught the concept of self-love and self-acceptance

FREE-LANCE ART AND YOGA INSTRUCTOR, SELF; GA AND CO - 2004 - 2017

Organized and managed Broomfield's annual Earth Day Lantern Parade and also taught four lantern making workshops. • Taught a yoga class to the dance ensembles at both the Colorado Conservatory of Dance and Hayiya Dance Theater. • Taught art workshops to both children and adults for several organizations in Macon, GA.

YOGA INSTRUCTOR, YOGAMOGA; MACON, GA - SEPTEMBER 2009 - OCTOBER 2010

Taught Beginners, Restorative and Gentle Yoga classes. • Opened, closed and lightly cleaned studio before and after assigned classes. • Processed students' purchases before and after classes.

ART AND YOGA TEACHER, FIREHOUSE CREATIVE PRODUCTIONS; MACON, GA - JULY 2010

Taught yoga and art to a group of "at-risk" girls between the ages of 8 -12 years old. • Digitally documented camp events for website.

Other Experience

FREE-LANCE ARTIST/DESIGNER/ART CONSULTANT; GA/CO/FL - 2004 - PRESENT

SUBSTITUTE TEACHER, BOULDER VALLEY SCHOOL DISTRICT; COLORADO - 2014 - 2019

PARA EDUCATOR, FIRESIDE ELEMENTARY; LOUISVILLE, CO - 2017/2018 SCHOOL YEAR

DECORATIVE ARTIST, A.T. LONG AND SONS; MACON, GA - 2004 - 2011

Volunteer Work

PUBLIC ART COMMITTEE MEMBER AND VICE CHAIR, CITY AND COUNTY OF BROOMFIELD; BROOMFIELD, CO - 2015 - 2018

PROJECT MANAGER/ART CONSULTANT, FRIENDS OF TATTNALL SQUARE PARK; MACON, GA - 2011 - 2013

TEACHER/BOARD MEMBER, HAYIYA DANCE THEATRE; MACON, GA - 2011 - 2013

KNIGHT NEIGHBORHOOD PUBLIC ART COMMITTEE MEMBER, COMMUNITY FOUNDATION OF MIDDLE GEORGIA; MACON, GA - 2012 - 2013