

Sara Salehi

Contact

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Workshops

- Intro to Neuroscience
- Neuroscience of Yoga
- Science and Sutras
- Trauma Release
- Rest and Restore
- Restore and Reset
- Thai Massage
- Self Massage
- Chakra Chimes
- Meditate on This

Retreats & Events

- Nurture in Nature
Navina Costa Rica
- Self Love in Bali
- April Away
- Jamaica Retreat
- Ibiza Spain Prana Rising
- Ecstatic Dance
Tmr.Tdy Festival
- Prince Edward
County Full Moon
Festival
- Nowruz Yoga Festival

Languages

- Farsi
- English
- Romance Languages
(basic competence)

About

I am an experienced student and teacher, seeking a platform where I can apply my dynamic teaching style to support students through their yoga teacher training.

Work Experience

Yoga Teacher Training (YTT) Faculty 2013 – Present
New Leaf Yoga Foundation, Seven Seeds Yoga Nidra, Yoga By Sarah, SAANA Foundations YTT, Athletix Academy Teacher Development

- Organize and facilitate 3 hr Neuroscience of Yoga workshop
- Teach private sessions to enhance brain and body awareness
- Teach about neuroplasticity, self-regulation and the effects of yoga
- Create manual and course material for students
- Experience with hosting On-line workshops via Zoom 3-5 hours long.

Cognitive Consultant 2015 – 2019
Healing in the Park, Addictions Rehab Toronto, Veterans Affairs, Canadian Forces

- Facilitate mindfulness sessions and breathing workshops
- Teach Yin and Restorative and therapeutic movement
- Educate clients about the effects of stress on the nervous system, and the importance of self-care
- Support clients through peer support, small group discussions

Instructor at Modo Yoga 2012 – 2019
North York, Thornhill, Maple, Aurora, Markham

- Lead private practices for beginner and advanced practitioners in Modo, Modo FLOW, Vinyasa, Yin and Restorative practices
- Coordinate, design and lead workshops for Modo teachers and studio clients
- Educate clients about self-care routines, Traditional Chinese medicine and Ayurveda
- Discuss yoga philosophy

- Korean, Mandarin, Cantonese and Japanese (beginner)

Awards

- SAANA Yoga Advanced YTT Scholarship
- University of Toronto Fellowship
- Queen's Commission
- Ontario Graduate Scholarship
- Toronto Rehabilitation Institution Fellowship

Memberships

- Yoga Alliance 500 Hour Yoga Teacher
- Nowruz Yoga Festival Board member and Founder
- UofT Alumni
- Navina Community
- Thornhill Community Talent show co-founder

Military Liaison and Field Director

2008-2013

Allied Container System, Canadian Forces

- Conduct briefings for senior members of Canadian and International Militaries and government officials
- Educate the Military members in conflict resolution, cultural awareness and War Tactics for the Afghan War
- Facilitate Live Immersion Training Sessions for Mass casualties, medical triage training for the Canadian Forces

Research Assistant and Teaching Assistant

2005 – 2011

University of Toronto, Graduate Department of Rehabilitation Science, Defense Research and Development Canada

- Conduct Q & A Sessions for undergraduate psychology and neuroscience students
- Collect, enter and analyze data using SAS
- Experience with Google docs and Microsoft Office

Education

Traditional Chinese Medicine & Acupuncture	2021-2023
SAANA Foundations and Advanced YTT	2019
Peer Support Trg for Veterans and First Responders	2019
Thai Massage Therapy Training, Navina CR	2017-2020
Introduction to Ayurveda (Paras Moghtader Trg)	2016
MODO Flow Training	2015
Yoga Sanctuary Pre-Post natal trg	2014
Yoga Therapy Toronto Yin and Restorative YTT	2013
MODO Level 1 YTT, Bahia Brazil	2012
University of Toronto Masters of Science	2009-2011
University of Toronto Honours Bachelors of Science	2003-2007
Basic Military and Soldier Qualifications	2002-2003