

# BRIDGET SKAGGS

yoga instructor

## PROFILE

A native of Dallas, TX, Bridget is an E-RYT 200hr who has lived and taught yoga in Chicago since 2012. Bridget teaches playful vinyasa, hatha, and restorative yoga classes guided by anatomical focus that incorporate pranayama breath exercises and meditation. She believes yoga is for every body and empowers her students to customize by offering modifications for all levels of practitioner, while still ensuring a healthy physical challenge for all.



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WWW.BRIDGETSKAGGS.COM/YOGA



817 800 9954



## EDUCATION

**200 HOUR POWER YOGA**  
Corepower Yoga Bucktown  
2012

**MM OPERA PERFORMANCE**  
Oklahoma City University  
2012

**BM VOCAL PERFORMANCE**  
Oklahoma City University  
2010

## STYLES

RESTORATIVE



GENTLE



HATHA



VINYASA



HOT

## FORMATS

GROUP CLASSES  
PRIVATE CLASSES  
WORKSHOPS  
TEACHER TRAININGS

## EXPERIENCE

### COREPOWER YOGA

Teach 8 classes per week. Lead 200 hour Power Yoga Teacher Training & Yogi Training programs. Class size 1-30.

YOGA  
INSTRUCTOR  
-  
CHICAGO  
-  
2013 to present

### LAKESHORE FITNESS CLUB

Teach 5 classes per week ranging in style from Foundational, Vinyasa and Restorative. 60 & 75 minutes. Class size 1-20.

YOGA  
INSTRUCTOR  
-  
CHICAGO  
-  
2016 to present

### HARBOR POINT CONDOMINIUM

Teach 90 minute Gentle yoga classes to building residents ranging all ages and experience levels. Class size 5-15.

YOGA  
INSTRUCTOR  
-  
CHICAGO  
-  
2015 to present

### ROOSEVELT UNIVERSITY

Lead Yoga for Singers workshops for the graduate vocal students.

GUEST  
LECTURER  
-  
CHICAGO  
-  
2013 to present

### LYDIA HOME ASSOCIATION

Lead meditation and yoga class for teenagers who live at Lydia Home, a facility that provides an alternative to state-run foster care.

YOGA  
INSTRUCTOR  
-  
CHICAGO  
-  
2015 to present

## SOCIAL MEDIA



@BRIDGET.SKAGGS