

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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BRIDGET.POWERYOGA@GMAIL.COM



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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