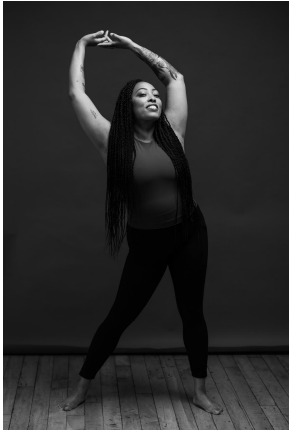


LYNDSAY ALLYN COX

Vinyasa | Sculpt | Slow Flow

All Levels | 200 Hour | Yoga Alliance Registered Yoga Teacher



www.lyndsayallyncox.com

Instagram: @lyndsayallyn

TRAINING

200-hour yoga teacher training
Yoga Patashala - Jenny Lane

Energy Management
Permoveo Health - Erin Lindsay

TrillFit Restore Certification
Trill Fit - Melisa Valdez

MOVEMENT EXPERIENCE

2021-present | **The Studio South End**

Heated Vinyasa, Slow Flow, and Sculpt classes for up to 17 students in person.

2022-present | **Permoveo Health**

Focus and Energy movement classes rooted in yoga, pilates, and barre.

2022-present | **TrillFit**

TrillFit Restore classes both online and in person

OTHER EXPERIENCE

2000-present Various Employers

Freelance Artist & Arts Administrator

Actor, Director, Producer, and Curator in Boston and beyond with an emphasis on new play development, community connections, and engaging artistic experiences. Active member of the Actors' Equity Association. *Artist Resume upon request.*

2018-2021 Boston Center For The Arts

Senior Director of Programs and Experiences

Director of Theatre Arts

Member of the Senior Leadership Team. Responsible for oversight of the visual and performing arts programs and artistic staff. Lead producer on all BCA experiences. Responsible for cultivating and implementing an artistic vision that was rooted in community engagement and that is driven by BCA's mission.

2009-2018 Kingsley Montessori School

Montessori Teacher

Taught children ages 2-9 over the course of several years. Served as a mentor for early career teachers. Provided consultation to Montessori School administrators.

2013-2018 New England Montessori Teacher Education Center

Teacher Trainer

Responsible for teaching, mentoring, and supervising adult learners who were in the process of completing their Montessori certification.