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Carson Efir

EXPERIENCE

SAHAJA S P A C E, Durham, NC – *Creatrix + Co-Owner*

November 2017 – PRESENT

- Guide long-term vision in relationship to mission and values
- Collaborate with co-owners in establishing teacher-led cooperative
- Co-create brave sacred space for movement, meditation and healing

Samudra: Global School of Living Yoga, Los Angeles, CA – *Prana Vinyasa Yoga Teacher Trainer & Assistant to Shiva Rea*

February 2009 – December 2019

- Directed and led 200 and 300-hour affiliate teacher trainings in NC & CA
- Assisted and taught in Shiva Rea's teacher trainings internationally
- Mentored students through their programs and final evaluations

EVOLVE Movement, Raleigh, NC – *Yoga Program Director*

November 2014 – December 2016

- Curated schedule and guided 30+ teachers through self-led management
- Maintained online communications and client relationships
- Taught yoga classes, workshops, trainings and retreats

UCLA Department of World Arts & Cultures/Dance, Los Angeles, CA – *Yoga Teaching Associate*

January 2011 – June 2013

- Developed and taught syllabi for undergraduate yoga courses
- Advised students and guided student-led research projects
- Facilitated mid-term and final evaluations and grades

EDUCATION

University of California, Los Angeles, CA – *MFA*

September 2010 – June 2013

Master of Fine Arts in Dance with a concentration in Choreography, Awarded the Alma Hawkins Fellowship in 2012 and the Dream Fund Grant in 2013

Bennington College, Bennington, VT – *BA*

September 2001 – June 2005

Bachelor of Arts with a concentration in Dance and Theater, Awarded the Recent Graduate Trustee position from 2005-2007

TRAININGS

Shamanic Reiki Level 1, 2 and Master Practitioner Trainings

Shamanic Reiki Worldwide, Durham, NC, February 2018 - November 2019

Birth Doula, Childbirth Education and Breastfeeding Workshops

Dona International, Washington, DC, *December 2018*

300-Hour Prana Vinyasa Teacher Training

Samudra: Global School of Living Yoga, Los Angeles, CA, *November 2006 - January 2009*

15-Hour Prenatal Yoga Teacher Training

Be Yoga, New York, NY, February 2005

200-Hour ISHTA Yoga Teacher Training

Be Yoga, New York, NY, February 2005

CERTIFICATIONS

Yoga Alliance Experienced Registered Yoga Teacher (E-RYT) 500, Yoga Alliance Registered Prenatal Yoga Teacher (RPYT), Yoga Alliance Continuing Education Provider (YACEP), Shamanic Reiki Master Practitioner (SRMP)

SKILLS

Teaching holistic asana, pranayama and meditation practices for beginning through advanced practitioners guided by individual needs

Experience with Mindbody Online and other online management platforms, Squarespace and other website management platforms, Instagram and other social media platforms

REFERENCES AVAILABLE ON REQUEST