

Maggie Beutner

teacher + movement artist

Brooklyn, NY 11238 | (940) 231-5147 | maggiibeutner@gmail.com

Certifications, Studies:

300 hr, Ignite Institute, 2024

Trauma-Informed Training, Yoga for Liberation of all People

Susanna Barkataki, M Camellia, Tejal Patel, Arturo Peale, Linda Lopez, Rodrigo Souza

Yoga Nidra 20 hr, Humming Puppy, 2024

Jen Carlin and Babette Godefroy

200 hr, La Casa Shambala, 2023

Vanessa Pique, Elisa Mar, Andres Meza

Education:

Bachelor of Fine Arts, Dance, University of North Texas, 2014

- Relevant coursework: Kinesiology, Anatomy + Physiology, Improvisation

Teaching Experience (recent):

Yoga Teacher | Movement, Gowanus | October 2024 - present

- Lead Restorative, Yin, and Vinyasa classes, unheated
- Developed personalized sequences for students with rock climbing movement patterns

Yoga Teacher | And Yoga Studios, BedStuy | February 2024 - present

- Lead Vinyasa classes, unheated
- Developed personalized sequences for students with varying abilities

Private Yoga Instructor | Brooklyn | January 2021 - present

- Personalized sessions focusing on client goals, including: hip mobility, flexibility, stress relief, strength
- In person and online sessions
- Created home practice plans for clients to continue progress

Meditation Leader | WITHIN Meditation, New York City + Online | March 2024 - present

| Reside Health, New York City | January 2024 - March 2024

- Lead Meditations for corporate clients seeking mental health betterment with NSDR / Yoga Nidra methodology
- Breathwork offerings to open and close each session

Dance Teacher | HEIDCO, Brooklyn | January 2018 - March 2022

- Taught Modern / Contemporary classes for HEIDCO company members

Rehearsal Director | Caitlin Adams Studio, Brooklyn | January 2018 - present

- Taught Modern / Contemporary warmup classes for professional dancers
- Analyzed dancers movement habits, and gave constructive feedback to edit and clean movement phrases
- Focused on bringing choreographer's vision to life in the most efficient way

Dance Instructor | SaraSue Dance Academy, Texas | May 2011 - August 2014

- Taught over 12 classes a week for competition and recreational students, ages 2-17.
- Choreographed award-winning routines for multiple solo and competition teams: Modern, Contemporary, Tap, Jazz, Lyrical

Dance Instructor | Showtime International, Texas | August 2010 - 2016

- Taught routines for high school drill teams that they used year-round
- Gave classes on personal responsibility, teamwork, and organization
- Choreographed Pom, Jazz, Lyrical, Stand Dance, and Hip Hop routines

Skills:

- Vinyasa, Hatha, Yin, and Restorative Yoga
- Meditation, Yoga Nidra, Breathwork
- Embodied Anatomy + Kinesiology knowledge from over two decades of study and professional Modern Dance performance
- Experienced in working with diverse populations and skill levels

Professional Affiliations:

Yoga Alliance Member