

KIARA S. MCBAIN, E-RYT200, YACEP

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[www.kiarafit.com](http://www.kiarafit.com)

<http://www.yelp.com/biz/kiara-fit-monterey>

<https://www.facebook.com/kiaramentor/>



Teaching yoga since 2011, I have taught classes in the yoga studio, at resorts, in corporate offices, juvenile centers and country clubs. I have taught to at-risk youth, celebrities, individual's suffering with physical and psychological illness and to advanced and beginning yogis. Over the course of my teaching I have studied varied modalities that support the unique form of yoga I teach, Ki Yoga. With the intent of creating physiological and psychological wellbeing, Ki Yoga uses a keen understanding of anatomy, physiology and the subtle energy body to holistically address the overall person.

### CURRENT YOGA EXPERIENCE

Independently Insured through Philadelphia Insurance Companies

- **Lead Instructor & Co-Creator Satyam 200-Hr Yoga Teacher Training Program**, Om Studios, 2016-Present
- **Lululemon Athletica Yoga Ambassador**, March 2016-Present  
Store Manager: Shelby McElvain, [smcelvain@lululemon.com](mailto:smcelvain@lululemon.com)
- **Group Yoga Instructor Om Studios**, September 2013-Present  
Studio Manager: Lindsay Wetterau, [lindsay@omoasis.com](mailto:lindsay@omoasis.com)
- **Private Yoga Instruction Kiara Fit**, September 2013-Present
- **Mountain Yoga Workshops Kiara Fit**, February 2014-Present

### TRAINING & CERTIFICATIONS

- CPR, AED and First Aid, Current
- Touch For Health Level 1, April 2017
- Reiki Certification Levels 1- 3, February 2017
- Yoga Alliance Continued Education Provider, 2016
- Prenatal Yoga Training, March 2015
- CranioSacral Therapy 1, February 2015
- 60 Hours Thai Massage, February 2014
- Art of Yoga Training Certification, April 2013
- YogaWorks 75-Hour Bridge, September 2012
- 200 Hour Yoga Alliance Certified Instructor, June 2011
- Certified Hypnotherapist, February 2011

### PROFESSIONAL EXPERIENCE

Yoga Journal Magazine, San Francisco: Sponsor Liaison, April 2011-Present

- Collaborate with a team of four to execute world renowned yoga events across the United States
- Develop and maintain genuine relationships with diverse sponsoring organizations ranging from high-profile corporations to grassroots nonprofits, including: Subaru, lululemon athletica, Clif Bar, Under Armour, Pacific Foods

### EDUCATION

- Summa Cum Laude Bachelors of Science, University of Southern Oregon 2005

### PREVIOUS YOGA EXPERIENCE

- Carmel Valley Ranch, September 2014- 2016
- Seaside Yoga Sanctuary, March 2014-August 2015
- Ventana Resort, April 2014-August 2015
- Art of Yoga Project, James Ranch Boys Home, August 2013-February 2015
- Xynergy Wellness, January 2014-February 2015
- Xplore Yoga, Newark, October 2011-August 2013