

flori:doyle

YOGA TEACHER & ACTING COACH

floridoyle.com

YOGA

Luminous Warrior Teacher Training (YTT) 300 hour, certified -Yoga Alliance
Yoga Farm Ithaca

Radiant Warrior Teacher Training (YTT) 200 hour, certified -Yoga Alliance
Yoga Farm Ithaca

Yoga Farm Ithaca
How to teach Yin Yoga for Everyone
"Summer of Love" Workshop
Qi Gong Series
Five Element Series
Rebirthing Intensive
Yoga Off the Mat
Trauma: Somatic Mindfulness Inquiry

Continuing Education Courses
Yin Yoga
Kundalini practice
Qi Gong
Kundalini
Kundalini
Mindfulness
Trauma Informed Inquiry

Pranamoon; Peekskill, NY Attend classes regularly

Yoga Farm Ithaca; Ithaca, NY Attend classes regularly

Riverstone Yoga; Tarrytown, NY Attended classes

New York State Theatre Education Association (NYSTEAA)
Annual Student Conference Teach Rise and Shine Yoga
Taught Yoga Workshops

Marymount Convent Teach chair yoga
Tarrytown, NY

Ardsley High School Taught yoga with Acting Classes
Ardsley, NY and in rehearsals
Poses given in English Classes

TRIATHLONS

Triathlon Coach Level I USAT certification
Greenwich Tri Club
Toughman Training Swim/Rides
Northern Westchester Triathlon Club

Toughman Tri (2 times) Half Ironman placed: AG 2nd

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Tupper Lake Half (3 times)

Half Ironman

Montawk Half Ironman

Half Ironman

Tupper Lake

Olympic

Westchester Triathlon

Olympic Distance (3 times)

New York City Tri

Olympic Distance (2 times)

Harryman Tri

Olympic Distance placed: AG 1st

West Point Triathlon

Sprint (3 times)

Harriman

Sprint (5 times): placed AG 1st
(twice); 2nd AG (twice)

Pawling Triathlon

Sprint (4 times)

Troy Jacobson Triathlon Training Camp
Push Hard Multisport Training
Personal Training at Club Fit

CYCLING

AIDS bike rides

The Northeast AIDS Ride

cyclist, 275 miles

NY to Boston- 3days

The Heartland AIDS Ride

cyclist, 600 miles

Minneapolis to Chicago, 6 days

Great TZ Bike Tour

cyclist, 20 miles and 62 miles, twice

MS Society of Southern New York Bike Ride

Westchester Cycle Club

cyclist; led rides

Safe Cycling Course and Training

Board Member

Unione Sportiva Italiana Cycling Club

Monday Night Recovery Ride

Board Member

Time Trial Series

Safe Cycling Course and Training

Tours: Orange County Ride

cyclist, 62 miles (4 times)

Blooming Metric

cyclist, 62 miles (5 times)

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RUNNING and SWIMMING

Heart Association Swim Meet	placed 2nd - endurance (500 yds); placed 2nd - free (200) placed 3rd - breast (200)
Masters Swim Team	practice - 2 -3 times weekly

GROUP EXERCISE

Madd Dog Athletics - Johnny G. original spinning teacher training Participated in cycling workshops: Heart Rate Training; Strength, Hills and Power	Certified Spinning Instructor Top of Continuing Education credits
Les Mills Sprint	indoor cycle training
Premier Athletic Club	spinning instructor
Club Fit	spinning instructor

VOLUNTEER

Ironman Lake Placid	Finish Line, Pointer (3 times)
New York City Triathlon	Volunteer on the run, Volunteer Team Captain (2 times)
Westchester Cycle Club	Volunteer for Golden Apple annual cycling event
Unione Sportiva Italiana	Volunteer for club races, Empire Games