

Justin Brill

2511 W Grenshaw Street
Chicago, IL 60612
(347) 262 – 3241
justin@justinbrill.com



GOALS

To effectively and safely guide students through a yoga practice in the power vinyasa style as inspired by Baron Baptiste and trained in through CorePower Yoga studios.

To encourage mindfulness, compassion and self-study.

To inspire and assist others to seek their best life through a dedicated practice of yoga.

To create a stress-free, non-competitive environment for students to practice their yoga.

To contribute in a positive and passionate way to the yoga community in which I teach and practice.

EXPERIENCE

Teacher – CorePower Yoga Chicago

April 2016 - current

I teach beginner power vinyasa as well as the intermediate/advanced heated vinyasa class for CorePower West Loop studio. I also teach yin/restorative yoga for CPY.

Yoga for the Creative Artist – 90 min. workshop

June 2015 & 2016

Led 5 sessions of a 90 minute workshop designed to introduce high school theatre students and teachers to vinyasa yoga for The International Thespian Festival (Lincoln, NE). The class included an introduction to pranayama exercises, an instructional demo of key postures in the classic vinyasa Sun Salutation series variations A & B as well as guided meditation focused on insights to personal creativity.

Power Teacher Training Coach – CPY Chicago West Loop

Winter 2017

Power Teacher Training Coach In Training – CPY Chicago Lakeview

Summer 2016

CERTIFICATIONS & TRAINING

CorePower Yoga 200 Hour Power Yoga Teacher Training – Chicago, IL

Completed April 2015

Level 2 Teacher Training 40 Hours – Chicago, IL

April 2016

Unveiling the Practice – A Sequencing Workshop, Lighthouse Yoga, Evanston, IL

July 2014

Adult and Pediatric First Aid/CPR/AED – American Red Cross

General Liability Insurance Policy – Philadelphia Insurance Companies

BFA '00 Carnegie Mellon University School of Drama – Carnegie Society Scholar, Charles Willard Award