

joan sumner
yoga instructor

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Toronto, Ontario

M6R-1K9

INSTRUCTION FROM THE HEART

A TWELVE YEAR STUDENT OF ASHTANGA AND HATHA YOGA

YOGA EXPERIENCE

Downward Dog, Octopus's Garden
Esther Meyer, Sundari, Bikram, Moksha
Toronto Yoga Conferences
Aerial Yoga - bspokeathletics
Gyan Yoga
Pushkar, Delhi and Goa in India

YOGA TRAINING

16 Months Hatha Teacher Training
Gyan Yoga, Toronto

YOGA TEACHING

Gyan Yoga, Toronto
MNJCC , Toronto
References on Request



WORK EXPERIENCE

Digital and Print Design
Joanofparkdale.com 2010-2012

Software/Usability Designer
Tucows (Canada) Inc. 2007-2010

Illustrator and Director Instructor
IAOD 2000 - 2002

EDUCATION

International Academy of Design
Interactive Media Design

Alberta College of Art
Metal-Smithing, Art History, Design

Ontario College of Art and Design
Typography, Ceramics, Printmaking

Gyan Yoga
Hatha Yoga Teacher

OTHER SKILLS

Graphic Design
Website Design & Coding
Writing & Editing

INTERESTS

Dance
Reading / Writing Fiction
Flaneurism
Architectural Tourism
Travel /Hiking
Bookbinding