

# Yoga/Fitness Resume

## Lorraine Marek

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### Current Yoga Experience

- Since  
2010 Yin Yoga (Tuesdays) & Hatha Yoga (Thursdays)  
Headingley Recreation Centre -  
2014 Yin Yoga & Hatha Flow Yoga (Summer only)  
Ruth Reis Studio 2645 Portage Avenue  
2017 Yin Yoga - Sundragon Studios 3141 Portage (rent space)

### Past Yoga & Fitness Experience

- 2014 Wellness Institute  
Gentle Yoga for Seniors  
2016 Dakota Community Club  
Flow Yoga, Seniors Yoga, Intermediate Yoga  
2012 Chair/Flow yoga (Fridays)  
Fit N Flex (non-profit) 40+ seniors  
2011 Southdale Community Club  
Aerobics, Resistance & Yogalates for seniors  
2001 Lions Place - Osteoporosis fitness in chair  
1997 Body Options 3900 Grant Avenue, Winnipeg  
Step, Low impact aerobics, Resistance training, Sales

### Online & In-person Education

- 2021 Celiac Disease & Osteoporosis - Osteoporosis.ca (online)  
2021 Functional Movements - Better5.com  
2020 Subtle Yoga - Kristine Weber - Ashville, NC, USA  
2020 Speaking of Bones - Osteoporosis.ca  
2019 Restorative Yoga - Jull Pransky (Yogaanytime.ca)  
2018 Lungivity - Wellness Institute - workshop (Winnipeg, MB)  
2017 Restorative Yoga Online - 10 week session (USA)  
2015 Yin Yoga 50 hour Course with Bernie Clark (Vancouver, BC)  
2013 Module 2 - Maureen Rae 2 day workshop (Winnipeg, MB)  
2012 Hatha Flow Yoga course - Manitoba Fitness Council  
2011 Teaching yoga to Older Adults - Maureen Rae (Toronto, ON)  
2010 Module 1- Maureen Rae 2 day workshop (Winnipeg, MB)  
2007 Yoga Mini Conference - Maureen Rae (Winnipeg, MB)  
2006 Nesta Spencer Pilates Mat & Ball Certification (online)  
2003 Stott's Pilates - Senior Population - Wellness Institute (Winnipeg, MB)

### Memberships

- 1992 Certified by Manitoba Fitness Council: Fitness Leader in Group,  
Resistance Training, Active Older Adult & Yoga  
First Aid & CPR certification to 2021