

Jie Zhou

YOGA INSTRUCTOR, STUDIO MANAGER

DOB: Aug, 1988

Education: Master's Degree of Art, M.F.A

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Certifications & Training

Yoga Alliance Registered Yoga Teacher (RYT-200) - House of OM, Bali, Indonesia

Hatha Yoga, Vinyasa Yoga and Ashtanga yoga Instructor Training including Asana, Teaching Methodology, Yoga Anatomy, Pranayama, Meditation, Philosophym Shatkarma...

Yoga Experience

Daily Practice, Globe Yoga Studio Experiences (2005 - Present)

Yoga has been an integral part of my life since high school. From an early age, I was drawn to its ability to cultivate strength, flexibility, and inner peace.

Over the years, I have actively participated in drop-in yoga classes, immersive workshops, and transformative retreats across various locations, including studios in South China, Los Angeles, San Francisco, Oakland, Alameda, Hawaii, Montreal, Vancouver, and Bali. These diverse experiences have given me a broad and deep understanding of yoga studio environments worldwide.

Hana Holistic Medical Center, Yoga Instructor for Wellness program (2025.5-2025.7) Berkely, California, US

Designed and led beginner-level yoga sessions for patients to promote physical coordination and mental well-being.

Provided individualized post-class consultations to address participants' health and mindfulness needs.

Prepared and organized the yoga space before each class and ensured a calm, supportive environment throughout each 1-hour session.

Skills & Expertise

- Hot, Vinyasa, Prenatal, Restorative, and Yin Yoga
- Meditation and Breathwork (Pranayama)
- Anatomy and Alignment
- Class Design & Sequencing
- Private & Group Instruction
- Client Assessment & Progress Tracking
- Injury Prevention & Modifications
- Wellness and Lifestyle Coaching
- Strong Communication and Motivation Skills

language

Fluent in English/Mandarin