

Jacqueline Couto

I am passionate about co-creating grounding and vibrant experiences in various styles of movement, including Hatha, Vinyasa, Yin, and Sound Meditation. I am committed to fostering positive learning environments where students can grow, rest and deepen their awareness of their internal experience.

@moonlightyogawithjacqueline
moonlightyogawithjacqueline@gmail.com

EXPERIENCE

Modo Yoga Etobicoke, Ontario— *Yoga Teacher*

JANUARY 2023 - PRESENT

Leading exceptional yoga classes and workshops to a growing community of yoga students. Deliver well-sequenced classes with high class attendance of regulars. Contribute to building a consistent student base and community.

Modo Yoga Maple, Ontario— *Yoga Teacher*

AUGUST 2018 - PRESENT

Same as above.

Modo Yoga Newmarket & Aurora, Ontario— *Yoga Teacher*

AUGUST 2018 - DECEMBER 2020

Same as above.

YOGA EDUCATION

Kiko Sounds, Toronto— *Sound Meditation Facilitator*

SEPTEMBER 2024 - NOVEMBER 2024

In this 30 hour training we explored the theory, science, anatomy, and history of sound healing. We went further into the craft of creating sound baths, deep listening, instrumentation, playing with graphic scores and developing sound journeys to share.

Tracey Soghrati Yoga, Thornhill— *Yin Yoga Instructor*

OCTOBER 2023 - JANUARY 2024

For a 50 hour training we learned about yin yoga through anatomy, neuroscience, eastern psychology (the chakra system/buddhist psychology), and Traditional Chinese Medicine.

SPECIALTY WORKSHOPS

Moon Circles

Sound Bath Meditations

Yin Yoga with Sound Meditation

Private Yoga & Workshops

PREVIOUSLY

Ontario College of Teachers
Certified; Taught in TCDSB &
YCDSB 2018-2023

Youth Minister & Retreat Leader
2010-2015

Private Tutor 2006-2015

Owner of a Jewellery Company
2010-2015

DEGREES

Master of Teaching at OISE of
University of Toronto SEPTEMBER
2015 - June 2017

Honours Bachelor of Arts,
University of Toronto, Toronto
SEPTEMBER 2010 - JUNE 2015

Modo Yoga, Online— *Modo Yoga Flow Teacher Training*

SEPTEMBER 2023 - OCTOBER 2023

This 75 hour online training explored the art of teaching vinyasa yoga. We learned the anatomy and history of Vinyasa while immersed in posture workshops, Bandhas, language use and sequencing.

Modo Yoga, Online— *Mindful Living Course*

MAY 2021

This course equipped us with everyday tools for navigating challenges, building resilience and cultivating joy. We learned self care and wellness exercises, stress reduction techniques and tools for managing mental health.

Modo Yoga, Kelowna— *Modo Yoga Level 1 Teacher Training*

JULY 2017 APRIL 2018

A unique 500 hour training with an immersed 30 day experience in Kelowna, followed by at home learning and practice teaching. We explored the vast landscape of yoga including, the science of meditation, an introduction to neuroscience and physiology and physical asana. Resources such as the Yamas and Niyamas, the Bhagavad Gita and the Yoga Sutras of Patanjali were used. Mindfulness, self-exploration and real world teaching were all incorporated.