
Teresa Kochis



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OVERVIEW	Strong teaching experience specializing in aerial arts, social circus and yoga.
SKILLS	<ul style="list-style-type: none">▪ CIRCUS ARTS INSTRUCTION Aerial Arts Social Circus General Circus Arts▪ YOGA CERTIFIED Embodiyoga® CircusYoga Aerial Yoga
EXPERIENCE	
2003 - Present	OVERHEAD ARTS Founder & Director - New Bedford, MA and New York City, NY Design and instruct aerial workshops for young people and adults.
2011 - 2012	RAFFA YOGA Aerial Yoga Instructor - Cranston, RI Design and instruct original <i>Flying Circus Yoga</i> workshops for young people and families.
2011	MOMENTUM FITNESS Yoga Instructor - Providence, RI Instruct weekly yoga basics class to adults.
2010	ANJALI YOGA AND WELLNESS Yoga Instructor - New Bedford, MA Instruct weekly yoga basics class to adults.
2007 - 2009	BIG APPLE CIRCUS AFTER SCHOOL PROGRAM Circus Instructor - Boston, MA and New York City, NY Instruct young people in general circus skills in an after-school setting.
2001 - 2008	CIRQUE DU SOLEIL'S CIRQUE DU MONDE SOCIAL OUTREACH PROGRAM Coach Coordinator & Social Circus Instructor - New York City, NY Instruct social circus to young people in the South Bronx. Oversee program and coaching team. Was the first coach hired when Cirque du Monde launched in NYC in 2001.
2006 - 2007	CIRCUSYOGA Assistant Instructor - Kripalu Institute Assist weekend-long CircusYoga workshops for families at the Kripalu Institute.
2001 - 2005	CIRCUS CAMP AT PURCHASE COLLEGE Aerial Instructor - Purchase, NY Instruct young people in aerial circus skills in a camp setting.
1997 - 2001	HORIZON'S CIRCUS CAMP WITH CARRIE HELLER Aerial Instructor - Atlanta, GA Instruct young people in aerial circus skills in a camp setting.
EDUCATION	NEW YORK UNIVERSITY, GALLATIN SCHOOL FOR INDIVIDUALIZED STUDY Bachelor of Arts, Visual Arts and Aerial Dance, May 2002, Cumulative GPA: 3.55
ADDITIONAL TRAINING	<ul style="list-style-type: none">▪ 2013/14 Professional Performance Training Program at New England Center for Circus Arts (NECCA)▪ Aerial Silks and Advanced Trapeze Teacher Training and Injury Prevention at New England Center for Circus Arts▪ 200-Hour Embodiyoga Teacher Training at Yoga Center Amherst▪ Cirque du Soleil-sponsored Training for the Socially Active Circus Coach▪ Aerial Injury Prevention Training at STREB Lab for Action Mechanics▪ CircusYoga Level 1 Teachers' Training at Kripalu Yoga Institute▪ Aerial Circus Training at Carrie Heller Circus Arts, LLC▪ First Aid and CPR certified

