Calliope Rasmussen-Adebayo

Yoga Instructor, E-RYT 500

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SUMMARY

Yoga instructor with 7 years and about 3,800 teaching hours across vinyasa, yin and prenatal classes. Teaches 14 classes a week with an average of 22 students, builds beginner series that turn drop-ins into members and adapts every sequence for injuries, pregnancy and older students.

EXPERIENCE

Lead Yoga Instructor — Larkspur Mesa Yoga Collective

Denver, CO · Mar 2021 – Present

- Teach 11 vinyasa, yin and slow flow classes a week with an average of 22 students and a 78% weekly return rate.
- Built a 6-week beginner foundations series that has run 14 times, with 61% of graduates buying a monthly membership.
- Mentor 9 teachers from the studio's 200-hour training, observing 2 classes each and giving written feedback within 48 hours.
- Designed a 4-week prenatal course for 10 students per round, now taught 5 times a year with a waiting list.
- Led 3 weekend retreats for 18 to 24 guests each, planning the schedule, menu brief and daily practice themes.

Group Fitness Yoga Instructor — Cottonwood Peak Athletic Clubs

Littleton, CO · Jan 2018 – Feb 2021

- Taught 8 power yoga and mobility classes a week at 2 club locations for groups of up to 35 members.
- Raised average attendance in a 6 a.m. class from 9 to 24 within 5 months by changing the format to a 45-minute flow.
- Completed incident-free teaching for 3 years while offering chair and wall options in every class.

SKILLS

Styles: Vinyasa, hatha, yin, restorative, prenatal, power yoga, chair yoga, pranayama

Teaching: Sequencing, verbal cueing, consent-based hands-on assists, prop use, trauma-informed language

Safety: Injury modifications, contraindications, CPR and AED, class screening

Studio tools: Mindbody, Momence, Zoom live classes, Canva, Instagram scheduling

CERTIFICATIONS

E-RYT 500, Yoga Alliance

Prenatal Yoga Certification (RPYT), 85 hours

Adult CPR and AED, American Red Cross, 2025

EDUCATION

Bachelor of Science, Kinesiology, University of Colorado Boulder, 2016

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