

Faye Friedman

FOUNDER AND FACILITATOR - MEDITATION CIRCLE FOR WOMEN

Aventura, FL 33180

perelisfaye@gmail.com

+1 305 528 7866

Authorized to work in the US for any employer

Work Experience

FOUNDER AND FACILITATOR

MEDITATION CIRCLE FOR WOMEN

April 2018 to Present

Founder and leader of a meditation circle serving as a safe space for women to connect with others and become empowered through their breathing and movement.

YOGA FACILITATOR

YOGA ONE

September 2017 to Present

Provide Yin Yoga and a basic Vinyasa Flow instruction to students of all levels.

FUNCTIONAL MOVEMENT FACILITATOR

October 2015 to Present

Provide individual instruction to clients 65 years and older on movement skills such as foundation, balance, stamina, coordination as well as healthy aging skills.

BODY COACH

MIND

January 2014 to Present

Provide coaching using a holistic approach to fitness and yoga to help students get healthy, conquer their fears, and achieve their goals by focusing on flexibility of the mind and body. Instruction includes breathing techniques, movement styles, yoga philosophy, and incorporating the mind/body connection.

GROUP FITNESS INSTRUCTOR

TRX classes, and Body Pump

June 2009 to Present

Provide group fitness instruction in a variety of disciplines including circuit training, spinning, sculpting, boot camp, core classes, TRX classes, and Body Pump.

CERTIFIED FITNESS TRAINER

January 2008 to Present

Provide fitness instruction to students of all ages on a variety of health initiatives, including nutrition, strength-building, functional fitness, cardiovascular health, flexibility, and weight loss.

Life Coach

Choose Happiness LLC.

January 2019 to June 2021

I have helped woman find joy and purpose in their lives through different modes of coaching utilizing all of my prior experiences.

YOGA INSTRUCTOR

305 YOGA

September 2017 to September 2018

Taught power yoga, alignment-based yoga, and meditation to students of all levels.

MEDITATION COACH

October 2015 to September 2017

Provided individual coaching on meditation techniques, with a focus on mindfulness, gratitude, and surrender, through guided meditation, breathing techniques, and relaxation methods.

Education

BACHELORS in PSYCHOLOGY

FLORIDA INTERNATIONAL UNIVERSITY - Miami, FL

December 1996

Skills

- Energetic (Less than 1 year)
- SELF MOTIVATED (Less than 1 year)
- Group Fitness
- Personal Training
- Yoga
- Teaching

Certifications and Licenses

AED Certification

CPR Certification

Additional Information

SKILLS

- People-oriented • Patient
- Compassionate • Responsible
- Driven • Ethical
- Energetic • Passionate

- Proficient in French & Hebrew • Lifelong Learner