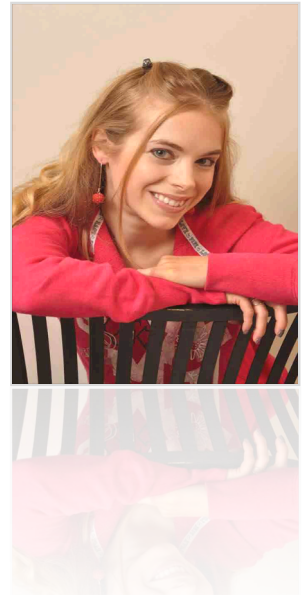


# LYNDSAY MURRAY-KASHOID

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## Profile

Lyndsay Murray-Kashoid, M.A., travels around the world as a movement specialist, yoga teacher, writer, and spiritual activist. She has worked as a wellness consultant and instructor in the United States, Europe and Asia. She has studied various forms of yoga, Pilates, Core Fusion®, Lotte Berk Method, dance, gymnastics, Tai Chi, Ayurveda, Thai massage, and other mind body disciplines extensively both here and abroad. Her exploration of different movement systems and healing arts has lead her to apprenticeships and studies with some of our industry's most respected professionals. Lyndsay is an ACE, AEA, and AFAA continuing education provider for FG2000 ([www.findlawrence.com](http://www.findlawrence.com)) and presents at fitness conventions across the country. She now teaches yoga and Core Fusion® at exhale and facilitates Hiking Yoga groups in Dallas.

## Work Experience

### **Owner, LMK Wellness, National, 2011—Present**

Wellness Concierge. Customized fitness and wellness solutions. Effective Evolution Retreats.

### **Core Fusion & Yoga Instructor, Exhale Dallas, TX 2007—Present**

Core Fusion® & yoga instructor. Development and presentation of various Core Fusion®, yoga, and meditation workshops. Personal and small group training. Special events and Exhale Soul program.

### **Lead Coach, Ultimate Hike, Dallas, 2011**

Supervision of fitness training schedule and preparation for 28.3 mile hike. Pre-hike workshops.

### **Hiking Yoga® Instructor, Dallas, TX 2011—Present**

Contract instructor.

### **Guest Yoga Instructor, Aman Resorts Luang Prabang, Laos 2010—2011**

Guest yoga instructor. Personal and small group training.

### **Pre-conference & Conference Presenter, SCW Fitness National MANIAS 2008**

Yoga Fundamentals pre-conference presenter and conference presenter for Orlando and Atlanta MANIAS.

### **Corporate Yoga Instructor, True Yoga Dallas, TX 2008—Present**

Onsite yoga classes for business professionals.

### **Fitness Specialist & Mind-body Instructor, City Club of Ft. Worth Dallas, TX 2006—2007**

Personal trainer & group fitness instructor for private, women's only gym.

### **Personal Trainer & Mind-body Instructor, Jannin Fitness Moscow, Russia 2006**

Mat Pilates & yoga instructor. Personal trainer & health and wellness consultant.

### **Contract Interpreter, International Guardian Angels Outreach International 2005**

Russian/English, English/Russian simultaneous and consecutive interpretation and written translation services.

## Professional Fitness Presentation Experience

**SCW Fitness, Exhale Spa, Inner IDEA (2011), ASIA Fitness Convention (2011), IDEA World Fitness (assisting Lawrence Biscontini), ECA World Fitness (assisting Fred DeVito & Elisabeth Halfpapp and Lawrence Biscontini), AFPA (assisting Lawrence Biscontini), ACSM (assisting Lawrence Biscontini), Yoga Journal (assisting Fred DeVito & Elisabeth Halfpapp).**

## Education

### **Penza State Pedagogical University, Russia—2002—2005**

4.0 GPA. M.A. in Education/Modern Languages. Department of Russian as a Foreign Language. Certified to teach Russian as a Foreign Language.

### **Moscow State University Lomonosov, Russia—2001—2002**

Philological Faculty. Department of Russian Language and Literature.

### **Moscow State University Lomonosov, Russia—Summer 2001**

Advanced Russian Language Courses.

### **Linden & Denz Language Center, Russia—Winter 2000**

Intensive-Advanced Russian Language Courses.

### **University of Texas in Arlington, TX—2000—2001**

Department of Russian Language.

## Accreditations

### **Fitness**

ACE Personal Trainer, AFAA Group Fitness, Aquatic Exercise Association Certification (2007-2009), Personal Trainer Certification (AFPA-2005-2007), CPR/First-Aid (AHA), 200hr. Core Fusion® Teacher Training (exhale), Health & Wellness Consultant Certification (AFPA-2005-2007), Zumba Instructor Certification.

#### **Yoga & Healing Arts**

Over 1200 hrs. of study in Anusara Yoga, Prana Vinyasa Flow, Kundalini yoga, Tantric Yoga and Philosophy, Ayurveda, Reflexology, Yoga Therapeutics, Thai yoga, Rusie Dutton, and meditation.

#### **Pilates**

Matwork Pilates Certification (program authorities: Jannin Fitness, World Class Fitness, Pilates Institute of Russia & SAFS, Moscow), GRAVITY Pilates & Basics Certifications (Elizabeth Leeds), continuing education for rehabilitation, sports specific training, props, and programming.

#### **Management Training**

Group Fitness Management Intensive (Carol Scott), Exhale Selling with Soul training, The Art of Selling (International School of Sales, Moscow),

#### **Mentorships/Apprenticeships**

- Co-presenter and assistant to Lawrence Biscontini at various international fitness conventions and pre-conference events.
- Assistant to Fred DeVito and Elisabeth Halfpapp at Yoga Journal and ECA World Fitness Conventions.

#### **DVDS and Publications**

Changing See-Zens: A Mind-body Circuit (Lawrence Biscontini's Imperfekt Productionz®. 2007.)

Contributor to FitCommerce.com (online fitness articles and resource).

Featured in Origin yoga magazine and Dallas Morning News.

#### **Current Professional Memberships**

IDEA, ACE, AFAA, ECA, PETA, Yoga Alliance

#### **Volunteer & Teaching Experience**

CureSearch, Lululemon Athletica, Earth Day Dallas, Crow Collection of Asian Art, Team in Training, Taste of Dallas Wellness Expo, FG2000, F.I.G. Event, Cooper Aerobics Center at Craig Ranch, CNN Fit Nation Tour, Yo-Global, Exhale Soul, Spoken For International Youth Outreach, International Guardian Angels Outreach, Keynote Speaker and Contributor for Russian Linguistic Journal.

#### **Languages**

English, Russian, Latin, Old Church Slavonic's.