

# Emily Rose Cooper

200HR E-RYT • CERTIFIED YOGA  
PERSONAL TRAINER & LIFE COACH

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🏠 Iowa City, IA

🌐 www.EmilyRoseYogaCo.com



## PROFILE

Yoga and mindset work has completely transformed my life both mentally and physically over the past decade and it is my passion to share that with others. In my classes, I encourage my students to value practice over perfection, dig deep, find genuine joy, and push toward growth both on and off the mat. As a Yoga Life Coach, I help women reclaim their power and purpose so they can feel confident, present and truly ALIVE.

## TRAINING

### Wild Abundant Life

500hr YTT

2020 - 2022

- Yoga Life Coacing
- 3-Day Advanced Teacher Training
- Yoga for Anxiety, Depressions, & ADHD
- Private Yoga Training
- Mindfulness, Meditation, & Nidra
- Yin & Restorative Yoga
- Pranayama & Power Center Certification
- Yoga as Integrative Medicine (Dec 2021)
- 7-Day Transformation (March 2022)

### Muddy Feet Yoga

200hr YTT

April 2018 - July 2018

## EXPERTISE

- Power, Vinyasa, and Bikram (Hot 26)
- Specialty Workshops
- Step Into Power: 12-week group coaching program for women
- 1:1 Training & Coaching
- Meditation & Law of Attraction

## TEACHING EXPERIENCE

### Emily Rose Yoga & Co

Owner, Teacher, Coach

March 2021 - Present

- Providing virtual classes, 1:1 Yoga, Group & 1:1 Life coaching

### Muddy Feet Yoga

Owner, Teacher, Coach

Oct 2018 - March 2021

- Co-founded Muddy Feet Yoga Studio, a hot yoga studio in Iowa City.
- Managed employees, created and coordinated workshops & specialty events, managed social media assisted delivering a 200hr YTT

## OTHER CERTIFICATIONS

- Barre Above Instructor