

Nancy Zagbayou

Montreal, Québec

Telephone: 438-888-0929 | Email: theyogininancy@gmail.com

PROFESSIONAL SUMMARY

Yoga and Meditation teacher dedicated to teaching in a trauma informed way to help my clients and students achieve optimum physical and mental health. I am focused on finding corporate and institutional clients to bring wellness to the greatest number of people. I offer in person and virtual classes along with presentations and speeches. I also offer pre-recorded classes in my online community: www.theogininancy.com

YOGA TEACHER TRAININGS

- Hatha 300h – Happy Tree Yoga, Montreal - 2021
 - Trauma informed – Nada Yoga, Montreal - 2019
 - Ashtanga adjustments and Vinyasa 300h – Kranti Yoga, Goa India - 2019
 - Prenatal – Melanie Shanti Yoga, Montreal - 2019
 - Postnatal – Melanie Shanti Yoga, Montreal - 2019
 - Hands on Adjustments – Asami Yoga, Montreal – 2019
 - Hatha 200h - Happy Tree Yoga, Montreal - 2018
 - Gentle Yoga – Happy Tree Yoga, Montreal - 2017
 - Yin Yoga – Happy Tree Yoga, Montreal - 2016
-

LANGUAGES

- French (native); English (native)
-

WORK AND PROFESSIONAL EXPERIENCES

The Yogini Nancy, Montréal, Canada June 2019 - Present
Founder and Owner – Montreal Office

- Help clients reduce stress by teaching them the practices of Yoga and Meditation.
- Give speeches, presentations and participate in Yoga teacher trainings on various wellness topics
- Gave presentations about the legal business of Yoga and Diversity and Inclusion

Conscious Counsel, Vancouver, Canada Mar 2021 - Nov 2021
Articling Student – Virtual Office

- Drafted customized legal agreements and registered client's trademarks.
- Provided support for the legal team and managed clients' files from beginning to end.
- The firm specialized in serving clients who were wellness professionals and businesses.

Fondation EsengO, Montréal, Canada Dec 2017 -Aug 2019
Executive Director – Montreal Office

- Ran a non-profit specializing in teaching yoga and meditation to people with mental health conditions.
-

PAST CLIENTS

- Government of Canada – Centre for Innovation in Mental Health in the Workforce
- Salon International de la Femme Noire - Audace au Feminin
- Concordia University - Counseling and psychological services (Zen dean)

Nancy Zagbayou

Montreal, Québec

Telephone: 438-888-0929 | Email: theyogininancy@gmail.com

PAST CLIENTS

- McGill University - Office for Sexual Violence, support, and education (OSVERE McGill)
- McGill University - International Development Studies Student Association (IDSSA)
- McGill University - Arts Undergraduate Society of McGill University
- Somerset West Community Health Centre (African, Caribbean and Black HIV Prevention Strategy Worker)
- Akasha Yoga Montreal
- Cielo Ile des Soeurs
- Modo Yoga Montreal
- Morpho Blue Montreal
- Happy Tree Yoga
- Alida
- Atwater Club
- Espace Varana
- Strom Spa
- Réseau des Professionnels rwandais du Canada
- Yoga Green Book
- Canterbury High School
- Montreal University Hospital Research Center (CRCHUM)
- Clarins Canada
- Club Sagacité
- Deloitte Canada
- Telus Health
- Expo Yoga
- Good Body Feel Yoga Studio
- événement Hoodstock
- International Civil Aviation Organization (United Nations)
- Les Sports Vida Sana (Complexe sportif du College Jean-de-Brebeuf)
- La maison de Famille de Verdun
- National College of Physicians and Surgeons of Canada
- Our Colourful Yoga
- Our Place
- SidLee
- Gym St Henri
- Table de Concertation des groupes de Femmes de la Montérégie (TCGRM)
- Yoga Mala Foundation
- Oasis - Republik contract
- The Travel Yogi
- Spa Eastman
- Yoga Nat