

DOREEN DOES Aerial + Yoga

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BIO

I fell in love with aerial after taking advantage of a Groupon offer in 2012. As a former competitive Cheerleader, gymnast and yogi, much of the movement was familiar and came with some ease. My passion only grew after attending a series of Aerial retreats and Aerial Summer School. With aerial training, teaching and performing often comes injury, which led me to further my yoga knowledge and begin teaching. The two complement each other perfectly and I am happy to say that I have been injury free since I started teaching and practicing yoga daily.

PERFORMANCES

The Muse Brooklyn — *Monthly Cabaret*

- 2016 - Silks

La Boheme — *Tony Gonzalez 40th Birthday*

- 2016 - Silks

The Slipper Room — *Let them Eat Cake*

- 2017 - Silks

The Slipper Room — *A night with Mr Wonderful*

- 2018 - Lyra

The Slipper Room — *Let them Eat Cake*

- 2019 - Hammock

CERTIFICATIONS

Aerial Physique Teacher Training — *Huntington Beach, CA*

- 2019 - Silks

YogaWorks YTT 200hr

- 2020 - Yoga

National CPR Foundation

- 2019 - CPR/AED/First-Aid

TRAINING

Body+Pole — *New York*

- Silks, Hammock, Lyra, Pole, Liquid Motion, Fluidity, Flexibility

The Muse Brooklyn — *New York*

- Silks, Lyra, Flexibility

Aerial Arts — *New York*

- Silks, Lyra, Flexibility

Circus Warehouse — *New York*

- Silks

Trapeze School New York — *New York*

- Flying Trapeze

ADDITIONAL Training

Las Vegas, Scotland, Dominican Republic, St John, Upstate New York, Tulum, Orange County, Long Beach

TEACHING

Elevate Aerial — *Huntington Beach, CA*

- Silks, Hammock, Lyra and Yoga

Doreen Does Yoga + Aerial — *SoCal*

- Aerial - Hammock, Silk, Lyra
- Yoga - Vinyasa, Sculpt