

cecily smith

"cici flows"

YOGA + WELLNESS
E-RYT / YACEP



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PERSONAL PROFILE

Cici is a movement and wellness facilitator with an innate passion for travel and the exploration of human nature (body + mind) and the world, alike. Registered through Yoga Alliance, her teachings are playful but rooted in discipline and tradition. With a background layered in physical mastery, as a former gymnast and competitive dancer, understanding the body comes as second nature and she helps her students find ease and break new ground in their practice as well.

EDUCATION

200 hour Vinyasa + Hatha Training with YogaKoh (2016)

50 hour Expressions of Yin Training with Carlos Romero (2020)

200 hour Rocket Yoga Training with Yoga with Carson Calhoun (2020)

20 hour Yoga Medicine Essentials Training with Yoga Medicine (2020)

North Carolina State University; Student in Fashion Production + Textile Management (2013-2018)

EXPERIENCE

Since the birth of her career as a teacher, Cici has taught 1500+ hours at studios and events all over the country, partnered in the organization of over 10 retreats around the world, filled countless workshops and smaller events, assisted teacher trainings, AND started an online studio to make her offerings globally accessible.

Cici's community outreach is especially unique because of her passion for travel . She has a keen eye for detail and a knack for creating content to get the word out, but better still : she has a far-reaching network that welcomes her offerings, allowing her more and more opportunities to keep sharing her love for the practice!

AFFILIATES

-Teacher for YOGA KOH (International Yoga-Alliance certified teacher trainings and retreats)

-Former co-founder + teacher of Meraki Yoga Trips

-Instructor at Front Range Yoga Festival in Montana (2020 + 2021)

-Yoga Alliance Credentials : E-RYT + YACEP