

TASHEENA MEDINA

EDUCATOR | ENTREPRENEUR | SPEAKER



CONTACT

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EDUCATION

Masters of Arts

Yoga Studies / Yoga Therapy

Loyola Marymount University

2021 – Present

Bachelors of Fine Arts

Dance Theatre

AMDA Performing Arts - LA

2011 – 2013

SKILLS

- Event Coordination
- Workshop Facilitation
- Content Creation
- Administrative Assistant
- Social Emotional Learning
- Marketing Strategist

EXPERTISE

- Dance Educator | 17 years
- Yoga Teacher | 200 HR
- Meditation Teacher
- Social Emotional Learning

INTERESTS

Dance, Yoga, Nature, and
Community Building

PROFILE

Innovative movement educator of 17 years with a track record of improving the well-being of students by adapting teaching methods to students' needs. Teaches with the belief that an embodied practice is essential for students to optimize their potential and become lifelong learners. Strives to help humans at all levels to be authentic, learn essential techniques, inspire, and ensure a safe environment with a holistic and mindful approach.

WORK EXPERIENCE

Educator / Dance, Yoga, Meditation, SEL

Tasheena Medina LLC. | 12/2013 – Present

Cultivates a class environment to help students build a well-rounded understanding of mind and body to build confidence, body positivity, and healthy habits. Incorporates mindfulness and Social Emotional Learning tools for students to have self-regulation and co-regulation tools for their day to day lives.

- Dance-Ballet, Jazz, Modern, Hip-Hop technique and history.
- Yoga- teaching essential mindfulness and movement practices.
- Mindfulness and Meditation- teaching valuable social emotional learning tools to cultivate self-awareness and reflection.

Dance Outreach Coordinator / Dance Outreach Representative

AMDA Performing Arts College | 06/2015 – 07/2021

Travelled nationally and internationally to dance education events such as conferences, conventions, and competitions. Teaching audition workshops and be the spokesperson on parent-educator panels, adjudicate and awarded scholarships to dancers pursuing a career in the performing arts industry.

- Administrative reporting.
- Travel Organizing and Coordination.
- Event Coordination, Communication, and Marketing.
- Teaching dance audition workshops, adjudicating dancer auditions, accepting students into college, awarding scholarship, and speaking on parent-educator panels.

Educator / Dance, Yoga, Physical Education

Los Angeles College Prep Academy | 07/2017 – 06/2020

Cultivated a class environment to help grades 9-12 students build a well-rounded understanding of mind and body to build confidence, body positivity, and healthy habits. Incorporated mindfulness and Social Emotional Learning tools for students to have self-regulation and co-regulation tools for their day to day lives.

- Dance-ballet, jazz, modern, Hip-Hop technique and history.
- Yoga- taught essential mindfulness and movement practices.
- Educated teachers and parents in wellness workshops.