

# BRETTON KEATING

art • birth work • yoga

## ABOUT ME

I am a barre instructor and yoga teacher for children (18 months to teens) and adults. I'm also a birth doula, writer, and artist.

## EDUCATION

2011 • Southern Methodist University  
BBA Finance; Minors: Psychology, Spanish

## CERTIFICATIONS

Certified Barre & Sculpt Teacher  
DONA International Birth Doula  
Yoga Alliance: E-RYT, RCYT, RPYT, YACEP

## EXPERIENCE

### 2014 - Visual Artist

- Present**
- Create art pieces for portfolio and clients using acrylic, gold leaf, resin, and wood.
  - Write custom, on-the-spot typewriter poetry at markets and events.
  - Work displayed at Bluebird Sky Yoga studio and art gallery.
  - Artist in residence at Otres Art Studio in Cambodia. Managed studio, painted murals, and led interactive community art workshops.

### 2018 - The River School - Yoga & Mindfulness Teacher

- Present**
- Design curriculum and teach 17 classes weekly to 220 students ages 18mo-9yrs, 20% of whom have hearing loss or impairment in an inclusive environment.
  - Approach includes social-emotional learning, responsive classroom management, therapeutic yoga skills for children with trauma, and shame-free language.
  - Incorporate a holistic, mind-body approach to learning for children to strengthen relationships and develop self-awareness and regulation.

### 2012 - Barre, Birth Work, & Yoga

- Present**
- Vinyasa, Prenatal, Postnatal Yoga and Barre classes for studios and private groups; on average teach 10-15 classes/week.
  - Contracts with Bluebird Sky Yoga, Circle Yoga, Yoga Heights DC, MCPS, DCPS, and Sidwell Friends School.
  - Experience working with special needs children and teens, including autism, ADHD, emotional, mental and behavioral challenges, anxiety, depression and those recovering from substance abuse, trauma, and eating disorders.
  - International experience teaching at retreat centers in Mexico and Cambodia, and studying at Sri K. Pattabhi Jois Institute (KPJAYI) in Mysore, India.
  - Provide birth doula services including information, emotional support, physical comfort, and advocacy for pregnant clients before, during, and following childbirth.

## COMMUNITY INVOLVEMENT

Community of Hope Volunteer Birth Doula  
Food and Friends Volunteer  
Mentor for Yoga Teacher Trainees at Yoga Heights DC