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CASSANDRA YASKO

DANCE EDUCATION AND YOGA CERTIFICATION

Including Pregnant Women in General Yoga Classes	Yoga Alliance: Laurel Hicks & Liat Philipson	2017
Yoga For Creativity 30hr CE Certification	Yoga Journal: MaryBeth LaRue	2016
Teen Yoga Instructor 15hr CE Certification	Yoga Minded: Christy Miele	2015
Teen Yoga Principles 1hr CE Certification	Yoga Minded: Christy Miele	2015
Certified RYT 200hr Yoga Instructor	Well Heart Yoga: Falmouth MA	2015
Registered Yoga Instructor	Yoga Alliance: National Membership	2015
BA: Dance (major) & Health (minor)	University of Massachusetts: Amherst MA	Graduated 2015
AA: Dance Performance	Dean College: Franklin MA	Graduated 2013
Certified Yoga Assistant	Prana Power Yoga: Cambridge MA	2013
Collegiate Dance Intensive	Boston Conservatory: Boston MA	2013
Dance Professional Division Intensive	Alvin Ailey School: NY, NY	2012
Contemporary Trainee Program	Joffrey Ballet School: NY, NY	2011
Collegiate Dance Intensive	American Ballet Theater: NY, NY	2011
BA Program: Dance Performance	U Montana School of Dance: Missoula MT	2010
Accredited Dance Intensive	Boston Conservatory: Boston MA	2009

WORK EXPERIENCE

Yoga Journal LIVE	New York NY	Community Class Instructor	2017
Yoga Journal LIVE	San Fran CA	Community Class Instructor	2017
Yoga Journal LIVE	San Diego CA	Community Class Instructor	2016
On The Barre	Norton MA	Dance Instructor	2015 - 2016
Yasko Yoga & Dance, LLC		Yoga & Dance Instructor / Founder	2016 - Present
Miss Northern States CoEd	Foxboro MA	Choreography Coach for winner Emaly Higgins	2016
Dance and Beyond	Foxboro MA	Contemporary Master Class Teacher	2015
Dance Expressions	Middletown RI	Acrobatics & Stretch Teacher	2015
Dance Expressions	Middletown RI	Dance Teacher	2014 & 2015
Dance Expressions	Middletown RI	Teen Dance Intensive Teacher	2015
Dance Expressions	Middletown RI	Youth Dance Camp Instructor	2015
RI State Ballet	Lincoln RI	Master Class Teacher	2015
On Stage Dance	Somerville MA	Dance Teacher	2014
Spring Street	Newport RI	Child Care	2014
All Star Dance	Middletown RI	Dance Teacher	2014
Prana Power Yoga	Cambridge MA	Certified Assistant Yoga Instructor	2013
Dean College	Franklin MA	Creative Movement / Student Teacher	2013
Dean College	Franklin MA	Pedagogy / Student Teacher	2013
Cloud Nine, LLC		Owner / Founder / CEO	2012 - Present

COMMUNITY OUTREACH

Maine Girls Academy	Portland ME	Wellness Day	2018
Maine Girls Academy	Portland ME	Free Introductory Teen Yoga Classes	2017
Casco Bay High School	Portland ME	Free Introductory Teen Yoga Classes	2017
Collective Motion Arts Center	Saco ME	Free Community Teen Yoga	2017
Boyden Library	Foxboro MA	Free Community Teen Yoga	2016

PERFORMANCE EXPERIENCE

Collective Motion	Saco ME	Company Member	2017 - Present
Casco Bay Adult Modern Rep	Portland ME	Dancer for Jennifer Bourgeault	2017
Dance Works Boston	Boston MA	Company Member	2013 - 2015
Jean Appolon Expressions	Boston MA	Apprentice / Company Member	2013 - 2014
Anikai Dance / World Community	Boston MA	Dancer for Wendy Jehlen	2013
Movie: The Bureaucrat	Boston MA	Dancer for Dafna Mero	2014
Alvin Ailey School	NY, NY	Summer Professional Division	2012
Joffrey Ballet School	NY, NY	Contemporary Trainee Program	2011
American Ballet Theater	NY, NY	Summer Collegiate Program	2011
U Montana	Missoula MT	Extra for Trey McIntyre Project	2010
Portland Ballet School	Portland ME	Company / School Performances	2009 - 2011
Boston Conservatory	Boston MA	Summer Dance Intensive	2009 & 2013

PUBLICATIONS & PRESS

[Dunau, Bera. "Reaching a 'Quiet Space' for Teens" Foxboro Reporter, March 2016.](#)

Yasko, Cassandra. "The Benefits of Adult Ballet" New England Woman, March 2016.

Yasko, Cassandra. "The Benefits of Yoga for Teens" New England Woman, January 2016.

[Gillette, Kristen. "Interview with Cassandra Yasko of Cloud Nine" Adult Ballerina Project, July 2013.](#)

ACADEMIC HONORS

Alpha Sigma Lambda Honor Society	U Mass Amherst	2015
Sigma Alpha Pi Honor Society	U Mass Amherst	2014
GPA 3.9 Dean's List	U Mass Amherst	2014 - 2015
Graduated Magna Cum Laude	Dean College	2013
GPA 3.7 Dean's List	Dean College	2012 - 2013
Phi Theta Kappa Honor Society	Dean College	2013
National Society of Leadership / Success	Dean College	2013
GPA 4.0 Dean's List	U Montana School of Dance	2010
State of Maine Top Ten Graduates 2010	Maine State Senate	2010
Salutatorian	Gould Academy Prep School	2010