

# Gabrielle Sigrist

Hi there, I'm Gabby (she/her), a movement & mindfulness facilitator, writer, and performer in Los Angeles, CA.

## Experience

### **Graduate Assistant & Research Assistant**

**Yoga Studies at Loyola Marymount University, CA**

**August 2023 - present**

Help with the planning and promotion of special events, monthly lectures, and cohort activities. Assist with program promotion. Provide research support for Program Director Dr. Christopher Key Chapple, including obtaining and summarizing materials, editing works in progress, and indexing for book projects.

### **Yoga Instructor & Teaching Artist**

**September 2020 - present**

- Namaskar Studios, Seattle, WA
- Hollenbeck Palms Retirement Community, Los Angeles, CA
- Center for the Arts Eagle Rock, CA
- Los Angeles Friends & Gratitude Group, We Explore Earth, Project Nongenu, Currant Jam Magazine, USC Gould School of Law, AMMO Theatre Co.

Teach group yoga classes, workshops, and one on one instruction (*Chair, Kid's, Vinyasa, Yin/Restorative, Hatha*).

### **Box Office, Front of House**

**Boston Court Pasadena, CA**

**April 2023 - present**

Ensure quality customer service to audience members before, during, and after performances.

### **HR Coordinator, Administrative Assistant**

**EVERYBODY Los Angeles, CA**

**July 2021 - October 2022**

Liaison between staff and management. Regularly update and maintain internal paperwork including invoices. Lead staff meetings and organize trainings.



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## Education

Loyola Marymount University, CA

M.A. Yoga Studies with  
concentration in Yoga Therapy  
(in progress, est. 2025)

Seattle University, WA

B.A. Theatre and Philosophy  
Magna Cum Laude, Honors, 2018

Arts & Healing Initiative, CA

Certificate in Social Emotional Arts  
Facilitation, 2021

RYT-200 hr

Yoga Alliance ID: 339389

## Skills

- Effective at communication from a trauma-informed perspective
- Excellent organizational skills
  - Skilled public speaker and performer