

VALERIE BELLIVEAU



CONTACT

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☎ (305)998-9900

📍 San Diego CA

OFFERINGS

- Group Instruction
- Program Development
- Form Expertise
- Body Talk therapy
- Alternative healing modalities
- Vocal toning
- Somatic movement
- Customized Instruction tailored to the needs of participants
- Integrating personalized adjustments, deep tissue assists, and alignment techniques for all skill levels.
- Surf Yoga Workshops to enhance the surfing position
- Corporate and Individual Hire
- Private sessions

EDUCATION

RYT Yoga Instructor

Synergy Yoga & Therapy Center
June 2011

Styles

Restorative, Vinyasa, Hatha, Power, Prenatal, Sound & Somatic Healing

Empowering students to build strength, improve flexibility, and achieve mindfulness, bringing a unique and impactful blend of yoga expertise to every class and workshop.

Private Yoga Instructor and Surf Yoga Workshop Facilitator

San Diego, CA | Aug 2022 - Present

- Since 2022, Valerie Belliveau has been leading private yoga classes and surf yoga workshops, offering personalized one-on-one sessions and group experiences for both individuals and corporate clients. With over a decade of expertise, Valerie combines her deep knowledge of Vinyasa, Hatha, and restorative yoga with unique elements of sound healing, meditation, and somatic movement.

Yoga Instructor

Fitness West | Sept 2023 - Present

- Designed yoga class flow sequences including vinyasa and restorative lessons.
- Lead a laughing and smiling yoga portion with integrated somatic sound healing.
- Assisted students in alignment with adjustments and deep tissue assist to bring an in-depth understanding of the practice.

Yoga Instructor / Coordinator

Madre Cocoon | Jul 2020 - Present

- Designed yoga classflow sequences and integrated compound lessons plans, including vinyasa and routine formats for beginner and advanced students.
- Assisted students in alignment with adjustments and deep tissue assist to bring an in-depth understanding of the practice.
- Lead and facilitated group meditation sessions and sound healing.

Yoga Instructor | Client Services

Synergy | Aug 2011 - July 2018

- Planned and taught Vinyasa-based Hatha yoga classes.
- Customized classes for smaller group sessions based on their needs and requirements.
- Provided a welcoming and safe space by taking care of ambiance, fragrance, and room cleanliness.
- Adjusted students postures to avoid injuries.
- Supported studio's marketing operations.

