

**CHRISTY COLE**  
**URBAN VEGGIE**

## OBJECTIVE

Together, we can:  
Create. Heal. Inspire.

Yoga and Health Promotion by  
Christy Cole RN BSN RYT

## ABOUT ME

I am a woman of passion. I like to get my hands dirty. I wear my heart on my sleeve. Love is my anthem.

I believe that there is nothing more beautiful than someone following their "spark", their heart, their "true north". So I seek to inspire, to empower.



## EXPERIENCE

**INSTRUCTOR • OLYMIPC TRAINING CENTER • 1/21 – CURRENT**  
Teach classes at the OTC • Social Media Marketing • Scheduling • Challenges • Partnerships

- Provide contracted services for biweekly yoga classes.

**RN BSN WELLNESS LIASON • UCHEALTH • 4/2015 – CURRENT**  
Postpartum Care Nurse for Women's Service Line • Wellness Liaison • Yoga Teacher

- Instruct/lead biweekly yoga to UCHealth employees and our community at large (One Restorative Session, and One Power/Hatha based session).
- Provide direct patient care to postpartum families and women who have gone through OB/GYN procedures.
- Send out biweekly wellness emails to staff (Monday Motivation and Tuesday Tenderness).

**LEAD INSTRUCTOR • SPRINGS CLIMBING CENTER • 2/19 – 12/21**  
Teach classes at SCC • Social Media Marketing • Scheduling • Challenges • Partnerships

- Manage our yoga program and our eleven fabulous instructors.

**AMBASSADOR • ATHLETA • 11/18 – 6/2020**

Teach classes at Athleta • Facilitate community outreach/collaboration • Social media Marketing

- Teach bimonthly programs to community at large. \*\*\*These classes are hosted in an array of environments: in the store, at UCHealth, and/or partnering with local establishments (think: Rock Ledge Ranch, Garden of the Gods, AR Workshop, Labor Day Liftoff, The City of Colorado Springs, Café Red Point, Sprig, The Shops at Briargate, Merkalpa Mala, Mod Pizza, etc.)

**INFLUENCER • INSTAGRAM • 2/16 - CURRENT**

Create Virtual Content • Photography • Quotes • Challenges • Partnerships

- Connect with the yoga community at large by providing little snippets of my heart.

## EDUCATION

**200 HOUR YOGA CERT • DECEMBER 2016 • COREPOWER YOGA**  
Yoga alliance certified.

**BACHELOR'S OF SCIENCE IN NURSING • 2010 • UCCS**  
Registered Nurse. Health Promotion Specialist

## VOLUNTEER EXPERIENCE OR LEADERSHIP

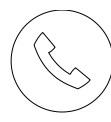
Over the years I have had the honor of being involved in several aspects of volunteering— hosting free yoga classes (live and virtual), participating in free health clinics, and providing search and rescue services.



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