


Dr. Selay Marius Kouassi (Curriculum Vitae)

Candidate for the Position of IYSF Vice President (2018 - 2022)

Motivated Yoga Instructor committed to spread IYSF Yoga style and Principles accross Africa
 Vice-President of Côte d'Ivoire (Ivory Coast) Yoga Sports Federation
 Vice-President of Côte d'Ivoire (Ivory Coast) Yoga Sports Association
 Board Member of West Africa Yoga Associations

Personal Details	Nationality: Ivorian Age : 39 Email : lebonselay@yahoo.fr Mobile : +225 07984993/ Skype : lebonselay1 P.O. Box : 22 BP 107 Abidjan 22, Côte d'Ivoire Street Address: Cocody - 2 Plateaux, Boulevard Latrille, Rue J 64	
Experience	Date: 2015 - Present: Abidjan Yoga Spot (AYS), Côte d'Ivoire (Ivory Coast) - Africa Tasks: Direct and coordinate marketing activities and policies to promote Yoga * Give students in-depth understanding of postures and breathing techniques * Teach students correct postures to ensure maximum benefit and safety * Provided guided meditation at the Beginning/end of each class*	
	Date: 2012 - 2015: Top Gym & Fitness, Côte d'Ivoire (Ivory Coast) - Africa Tasks: Developed and facilitated diversified fitness program * Motivated students to strive for physical wellness while accommodating diverse fitness levels and special needs * Instructed a variety of daily Yoga and fitness classes * Demonstrated relaxation and breathing techniques.	
	Date: 2009 - 2012: Centre Sportif Axe Plus, Côte d'Ivoire (Ivory Coast) - Africa Tasks: Planned and implemented Yoga lessons * Managed a 15-students yoga class on a daily basis * Reported students' progress to parents/guardians * Wrote a monthly Yoga & Fitness newsletter * Developed promotions to increase participation.	
Yoga Certifications & Formal Education	2015: 100-hour Yoga Training, Amsterdam, Holland 2014: Doctorate in Arts and Humanities. Major: Storytelling, Bouaké University, C.I. 2008: Certified Yoga Teacher Training 2006: First Aid and CPR Certification – Red Cross Côte d'Ivoire (Ivory Coast) 2005: M. Sc. Mass Communication/ Journalism, EDHEC University, Côte d'Ivoire 2005: M. A. Language and communication, Bouaké University, Côte d'Ivoire	
Affiliations	IYSF (International Yoga Sports Federation) Fédération Ivoirienne de Yoga Sports (Côte d'Ivoire Yoga Sports Federation) Yoga Sports Association Côte d'Ivoire	