

Alex Iglecia

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OBJECTIVE

Experienced body-mind coach, trainer, teacher and innovator focusing on the intersection of conscious movement, transformative practices, yoga, and effective action in a purpose-filled life. Yogic Warrior Conditioning program viewable at www.epicworkout.com

PROFESSIONAL PROFILE

- Strong background in **design** for effective individual and group programming both horizontally for skill and ability and vertically for personal depth and meaning.
- Superior **instruction and presentation** skills. Gained press coverage, created websites, course manuals and print advertising. Delivered live trainings to groups of 5-80 in addition to individual coaching and four consecutive month-long *Epic Workout* programs.
- Five years of **training experience** including top-end position as Advantage Trainer at The Sports Club/LA Boston.
- Innovative **research and synthesis** of body-based transformative practices.
- Cited for “**pushing the boundaries of conventional fitness.**” by Tyler, Sports Manager for a top Boston sports club, who said, “In my experience—from Sports, to torturing my body with weights, to now a much more natural and efficient and holistic approach—I think your thoughts on the future of fitness are quite visionary.”

EXPERIENCE

BodyLife Coach, Trainer, Yogi

The Epic Workout, www.epicworkout.com, (2007-Present)

The Sports Club/LA Boston, Boston, MA, (2005-2008)

- Developed and led four consecutive month-long Epic Workout programs for 12-20 participants.
- Programmed and communicated individualized training programs for individual clients, small groups, and coordinated online training programs.
- Created and designed PowerPoint presentations, course manuals, websites, flyers and business cards for Yogic Warrior Conditioning, strength, and weight loss-programming.
- Content topics included The Epic Workout, Meditation, Noche Azul (monthly latin dance night), Ritmo Latino (latin dance class), Combat Conditioning, and Power. To Protect Self Defense Courses.
- Credited for being “**the person who put my feet and soul back on the path to personal well being,**” by a top Boston financial executive, who discovered: “how the connection between the physical, intellectual and spiritual is key to any hope of a harmonious life. I am sure you will inspire a great many people along the way!”

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Combat Advisor

Power. To Protect, Robert Bussey & Associates, Boston, MA, (2002- 2005)

- Established a Boston and worldwide presence for self defense programs, coordinating with the president and other colleagues on program development.
- Designed advertising, website, and sell-sheets and led trainings for clients including Biogen, Boston University, Arnold Worldwide, and individuals.

Knowledge Worker

Cap Gemini Ernst & Young's Accelerated Solutions Environment, Cambridge, MA, (2001-2002)

- Consolidated road maps crafted from 3-5 day consulting engagement materials into PowerPoint takeaways for teams of 30-60.
- Collaborated in teams of 3-15 to produce and document fast-paced business events and create a sophisticated production journal in real time.

EDUCATION

- **Masters of Arts in Conscious Evolution**, The Graduate Institute, Milford, CT (2009)
- **Bachelor of Science in Materials Science and Engineering**, Cornell University, College of Engineering, Ithaca, NY (2000)

TRAINING – PRESENTATION/INSTRUCTION

- Tony Robbins' Unleash the Power, 2007
- Landmark Education's Curriculum for Living, February 2006
- Public Speaking, Dale Carnegie Graduate, 2004

TRAINING – YOGA, FITNESS, RESEARCH

- Jill Miller, Yoga Tune Up: Total Abdominal Awakening & Hips
- Adam Ballenger, Salt Lake City, September 2008-February 2009
- David Belz, Park City, UT, September 2008-February 2009
- Judith Lassiter 1 day, Lumbar and Sacrum workshop, September 2008
- Glen Black's Anatomy of Yoga and Samnyasa Movement, Omega Institute, August 2008
- Muscle Activation Technique, Jumpstart Program, 2007
- The Sports Club/LA Advantage Training, October 2007
- Yoga Journal Conference Boston, May 2006
- Perform Better, June 2005
- National Association of Sports Medicine Certified Personal Trainer, April 2005 - present
- AHA CPR Certification, 2005 - present
- The Sports Club/LA CORE Training, January 2005
- Robert Bussey/RBWI: Instructor Status (Black Belt+) and Advanced Instructor Status, 1994