

# MIRANDA RATNER



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Born in Los Angeles, Miranda is a life-long passionate Yogi and artist. She has 2 years of professional experience as a Hatha Yoga Teacher, and 10 years of professional experience as an exhibiting fine artist. Her art pieces are spiritual, psychedelic, color saturated, and wildly dynamic. She is a Certified Hatha/Vinyasa Yoga Teacher as well as Anusara Yoga Inspired.

Miranda's life goal and passion is to teach and share the abundant marriage between Hatha Yoga, in depth Yoga philosophy, and creative artistic practice. She believes that melding a Yoga and art practice is an accessible, fulfilling, and healing approach to Self-Realization and spiritual growth.

## **Yoga Teaching Bio:**

Miranda is a Silverlake Yoga baby, grew up practicing with her family, and has been taking Hatha Yoga classes since she was 3 years old. She continues to deepen her studies and practice each day. Yogic philosophy and mind and body awareness have been woven into the fabric of her identity, her perspectives on life, and in her choices as an artist. As a teacher Miranda aspires to make more accessible the abundance that Yoga has to offer. Miranda considers the study of Yoga to be a lifelong pursuit of self realization, health, and understanding of the human body and spirit. She believes that Yoga Asana practice helps optimize the experiences we have in our bodies every moment of every day. As a Yoga teacher she focuses on embracing one's practice as a vehicle for expanding consciousness and bettering our lives. Miranda hopes to inspire curiosity, self-reflection, mind-body awareness, and overall mindfulness through the practice of Yoga.

**Available to teach:** Hatha Yinyasa Flow, Gentle Yoga, Restorative Yoga, Yoga Stretch, Power Yoga, and whatever else needed!

I'm always seeking out trainings and workshops to deepen my practice and my Teaching Toolbox.

## **Yoga Teaching**

- Yoga + Fitness Instructor at MADRE LA Fitness + Wellness Studio, Los Angeles, CA, \*Present\*
- Group Fitness Instructor (Yoga) at YMCA of the Foothills, Los Angeles, CA, \*Present\*
- Hatha/Vinyasa/Anusara Yoga Teacher at Still Yoga, Los Angeles, CA, 2018- \*Present\*
- Guest Hatha Yoga teacher for Middle School Girls soccer team, Spring 2019- \*Present\*
- Assistant Yoga Teacher for Acupuncture Yoga Class, Center for Living Beauty Goddess Wellness Retreat, Malibu, CA, November, 2019.

- Substitute Vinyasa Flow Teacher at Silverlake Yoga, Los Angeles, CA, 2019.
- Guest Hatha/Vinyasa Yoga Teacher at Sampoorana Yoga Studio, Brussels, Belgium, Summer 2019.
- Hatha/Vinyasa Yoga Teacher on Women's Trauma Retreat, Om at Cashew Hill Retreat Center, Costa Rica, 2019 (Postponed- future date to be determined)

### **Yoga Teacher Training**

- Chit Ananda 200 Hour Anusara Yoga Teacher Training, Certified, Still Yoga, Los Angeles, CA Spring 2019
- Hatha/Vinyasa 200 Hour Yoga Teacher Training, Certified, Square One Yoga, Oakland, CA Spring 2018

### **Art Jobs**

- Volunteer on The Tree of Life Burning Man Art Project, Center for Human Creativity, San Francisco, CA, 2018.
- Collaboration with Graphic Designers on Augmented Reality Project, San Francisco, CA, Nov., 2017.
- Artist Assistant to Los Angeles painter Deedee Cheriell, 2015-2016
- Commissioned muralist for private homes, Los Angeles, 2014
- Commissioned portraitist for fashion designer Sheri Drovnick, 2014
- Production Assistant, Art Dept., "1-800 Contacts" commercial, Los Angeles 2014.
- Production Assistant, Art Dept., "Budweiser" Superbowl commercial, Los Angeles 2014

### **Art Teaching**

- Assistant Art Teacher, Parent Child Art Class, Brand Studios, Glendale, CA 2017-2019
- Kindergarten After school Art Teacher, Wildwood Elementary, Amherst MA, 2014
- Third Grade After school Art Teacher, Wildwood Elementary, Amherst MA, 2015
- Group Volunteer organizing summer camps, through Windsor International Summer Camp (in Windsor NH), St. Vincent, Grenadines, 2011

### **Other Wellness Jobs**

- Party Helper, Bliss Missy Mobile Spa, GreenBliss EcoSpa, Los Angeles, CA November 2019/  
**\*Present\***
- Online researcher for GreenBliss Eco Spa, Los Angeles, CA, **\*Present\***
- On Camera Extra as a Female Yogi/ Cult Member in Short Film "All Good Vibes," Los Angeles, CA, January 2020 (SAG Credit)

### **Exhibitions**

- Guest Artist with Alexandra Corwin, at Arroyo Arts Collective Winter Gallery Show, Studio 50, Los Angeles, CA December 2019.
- Burning Man 2018, Mural Installation at the Center Camp Cafe Gallery Wall. August 2018.
- California College of the Arts Senior Painting Group Exhibition, Hubbell Street Galleries, San Francisco, CA, April 2018

- Chocolate and Art Show, San Francisco, Dec., 2017.
- Solo Exhibition “We Are Love,” Hubble Street Galleries, San Francisco Dec., 2017.
- Solo Art Exhibition, Coffee Table Gallery 1958 Colorado Bl. Los Angeles, 2016.
- Solo Art Exhibitions, Silverlake Artists Series, Los Angeles, 2014 & 2015.
- Artists & Fleas 647 Mateo Street, Los Angeles, July, 2015.
- Silverlake Yoga Center (on-going exhibit)
- Solo Art Exhibition *Tales of Tapestry*, Whole Body Method East, Los Angeles, 2014.
- *Moondance Film Festival*, LACHSA, Acceptances: 2010, 2011, 2012, 2013.

## **Education**

- *California College of Arts*, Bachelor of Fine Arts in Painting & Drawing, Academic High Distinction May 2018
- 200 hour Yoga Teacher Certification, Square One Yoga, Oakland, CA, May 2018.
- Studied with California painters: Franklin Williams, Alicia McCarthy, Sydney Cohen, Kim Anno, David Huffman.
- *Hampshire College*, Amherst, Mass., Fine Arts Major 2013 – 2015.
- *Los Angeles County High School for the Arts* – Visual Arts major, Graduated 2013.
  - Academic Honor Roll 2009 – 2013.

## **ADDITIONAL SKILLS**

- Yoga Teacher
- Artist
- Art teacher
- Professional painter
- Professional Henna Artist!
- Sustainable Recycled Art teacher
- Facilitator
- Creativity Coach
- Positivity
- Problem Solving Skills
- Team Leadership
- Environmentally conscious
- Friendly and outgoing
- Printmaking
- Sculpture
- Spirituality\*\*\*
- People Skills\*\*\*

