



+44 7565794057



soufiamanda@gmail.com



Flat 10  
Marchmont House  
London  
SW16 1ST

## SKILLS

- \* Expert Instruction in Pilates/Yoga
- \* Holistic Wellness Knowledge
- \* Personalized Client Programs
- \* Client-Centered Approach
- \* Strong Communication Skills
- \* Community Building

## CERTIFICATION

### Certified Nutritional Practitioner

JUNE 2020

The Institute of Holistic Nutrition – Toronto, CA

### Yoga Teacher – RYT 200

FEB 2023

Yoga Bliss – Nusa Lembongan, Indonesia

### Mat & Reformer Pilates Instructor

JAN 2025

Body Athletica – Australia  
Pre & Post Natal Trained

# Amanda Soufi

Mat & Reformer Pilates Instructor  
Yin Yoga Teacher  
Holistic Nutritionist



A passion for empowering individuals to achieve optimal health and wellness. Eager to contribute my expertise to a dynamic team, I am dedicated to helping clients build strength, flexibility, and confidence while fostering a supportive and transformative wellness experience.

## PROFESSIONAL SUMMARY

- \* Over 5 years of professional experience in the wellness & movement space
- \* Experienced Yin Yoga Teacher with over 20+ workshops hosted in Toronto, specializing in mindfulness, relaxation, and nervous system regulation
- \* Passionate about wellness collaboration, having organized numerous wellness events with other industry professionals to promote holistic health
- \* Skilled in creating transformative wellness retreats, combining mindful movement, meditation, and nutrition for a complete healing experience.

## EXPERIENCE

### Holistic Nutritionist at Holistic Soufi Nutritional Consulting

2020 –  
present

- \* Create personalized nutrition plans that focus on whole foods, balanced living, and sustainable wellness practices

### Yin Yoga Teacher – Online & In Person

2023 –  
present

- \* Taught at multiple studios across Toronto, now teaching online

### Mat Pilates Instructor – Online

2025 –  
present

- \* Community classes, small group & private mat pilates sessions offered online