

# Jacqueline Couto

I am passionate about co-creating grounding and vibrant experiences in various styles of movement, including Hatha, Vinyasa, Yin, and Sound Meditation. I am committed to fostering positive learning environments where students can grow, rest and deepen their awareness of their internal experience.

@moonlightjacqueline  
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## EXPERIENCE

### **Kiko Space, Toronto — Studio Assistant**

JANUARY 2025 - PRESENT

Manage client communications, scheduling, and studio logistics while supporting retail sales through in-person shopping appointments, product education, and client guidance. Responsible for full studio setup and takedown, including the care and presentation of high-value sound instruments and client spaces. Provide on-site support for Sound Training Groups and anticipate the needs of clients and studio leadership to ensure smooth operations and an elevated client experience.

### **Modo Yoga Etobicoke, Ontario— Yoga Teacher**

JANUARY 2023 - PRESENT

Leading exceptional yoga classes and workshops to a growing community of yoga students. Deliver well-sequenced classes with high class attendance of regulars. Contribute to building a consistent student base and community.

### **Modo Yoga Maple, Ontario— Yoga Teacher**

AUGUST 2018 - PRESENT

Same as above.

### **Modo Yoga Newmarket & Aurora, Ontario— Yoga Teacher**

AUGUST 2018 - DECEMBER 2020 / February 2026 - PRESENT

Same as above.

## YOGA EDUCATION

### **Kiko Sounds, Toronto— Sound Meditation Facilitator**

SEPTEMBER 2024 - NOVEMBER 2024

In this 30 hour training we explored the theory, science, anatomy, and history of sound healing. We went further into the craft of creating sound baths, deep listening, instrumentation, playing with graphic scores and developing sound journeys to share.

## SPECIALTY OFFERINGS

Moon Circles

Sound Baths

Speciality Yoga Classes

Private 1:1 Sessions

Co-Facilitating Events

## NOTABLE HISTORY

Ontario College of Teachers  
Certified

Secondary Teacher in TCDSB &  
YCDSB 2018-2025

Youth Minister & Retreat Leader  
2010-2015

Private Tutor 2006-2015

Owner of a Jewellery Company  
2010-2015

## DEGREES

Master of Teaching at OISE of  
University of Toronto SEPTEMBER  
2015 - June 2017

Honours Bachelor of Arts,  
University of Toronto, Toronto  
SEPTEMBER 2010 - JUNE 2015

## **Tracey Soghrati Yoga, Thornhill— *Yin Yoga Instructor***

OCTOBER 2023 - JANUARY 2024

For a 50 hour training we learned about yin yoga through anatomy, neuroscience, eastern psychology (the chakra system/buddhist psychology), and Traditional Chinese Medicine.

## **Modo Yoga, Online— *Modo Yoga Flow Teacher Training***

SEPTEMBER 2023 - OCTOBER 2023

This 75 hour online training explored the art of teaching vinyasa yoga. We learned the anatomy and history of Vinyasa while immersed in posture workshops, Bandhas, language use and sequencing.

## **Modo Yoga, Online— *Mindful Living Course***

MAY 2021

This course equipped us with everyday tools for navigating challenges, building resilience and cultivating joy. We learned self care and wellness exercises, stress reduction techniques and tools for managing mental health.

## **Modo Yoga, Kelowna— *Modo Yoga Level 1 Teacher Training***

JULY 2017 APRIL 2018

A unique 500 hour training with an immersed 30 day experience in Kelowna, followed by at home learning and practice teaching. We explored the vast landscape of yoga including, the science of meditation, an introduction to neuroscience and physiology and physical asana. Resources such as the Yamas and Niyamas, the Bhagavad Gita and the Yoga Sutras of Patanjali were used. Mindfulness, self-exploration and real world teaching were all incorporated.