

# MAX BESSLER

maxbessler18@gmail.com | 253-720-2570 | New York, NY

Yoga instructor rooted in a lifelong spiritual practice and shaped by Division 1 athletics. Born and raised in yoga but deepened my asana practice as an elite rower; injury opened a new door to helping others live healthier lives in body and mind. Focused on building foundational strength through empowering vinyasa classes: heated, 30-90 minutes, private, and leading groups. 200-hour RYT certified. Dartmouth College B.A. in Government, 2022. Early riser and community builder!

## YOGA AND ATHLETIC EDUCATION

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### Yoga Teacher

2025–Present

*New York City; Ketchum, Idaho; Virtual*

- Vinyasa teacher focused on strengthening the body and mind to improve well-being.
- Private and group teacher of 30+; specialized in power flows for functional strength for any movement
- Teaching from my journey in elite sport — cueing clearly, reinforcing intentional presence, and ensuring everyone is welcomed so the challenge stays fun!

FOCUS: Bodyweight Strengthening, Modifications & Progressions, Pranayama, Meditation, Breathwork, Injury Prevention, Nervous System Regulation, Mind-Body Connection

### 200-Hour Registered Yoga Teacher (RYT-200),

November-December 2025

*Nexus Institute Yoga & Wellness — Nosara, Costa Rica.*

- Comprehensive intensive in vinyasa yoga technique, teaching methodology, asana, pranayama, meditation, yogic philosophy, applied anatomy, and professional ethics.
- Trained under Janel Usry, MA Yoga Studies, Ph.D. Educational Studies, E-RYT 500 and Horace Usry, M.B.A., E-RYT 500 — Letter of recommendation available upon request.

### Triathlete

2023-Present

*Sprint, Olympic, Half-Ironman Distances*

- Applies lessons of cross-training and injury prevention directly to yoga practice: the foundation for functional movement.

### Rowing: Former Division 1 College Oarsman and Coach

2018-Present

*Dartmouth College — Hanover, NH*

- D1 Rowing 20+hrs/week for four years demanded athletic discipline (3rd at National Championship 2021 IRCA Scholar Athlete (Varsity Rower at Championships with 3.5+)
- Coach for middle school, high school and college athletes on answering one simple question: how do we make the boat faster? Prevent injuries, analyze the stroke, improve training plans and diet, and more.
- Happily enjoying my own retirement — training for alumni races out of joy for the sport.

## RELEVANT OPERATING EXPERTISE AND ACADEMIC EDUCATION

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Project management, business development, client engagement, marketing, economic analysis, and recruiting

SKILLS: Quickbooks, Various CRMs, Microsoft Suite, Google Suite, Slack, Notion, Adobe, Sales Navigator

### Strategy Consultant

2025

*Lake Partners Strategy Consulting — Seattle, WA*

- Managed client-facing projects end-to-end: scoping, interviews, analysis, and presenting under deadlines.

### Startup Chief of Staff

2024

*LoneCypressAI — Seattle and Washington DC*

- First employee: Led marketing, recruiting interns, landing first customers, and tracking all projects.

### CIA Economic Analyst

2023

*East Asia Pacific Mission Center — Langley, VA*

- Analyzed trends and briefed senior policymakers; trained in clear, concise communication.

### Dartmouth College

2018-2022

*Student Athlete — Hanover, NH*

3.86/4.00

B.A. in Government Modified with Economics, *Magna Cum Laude*, 2021 Rufus Choate (4.0 top 5%)