



HOLISTIC FACILITATOR

Melissa Holbrook

ABOUT

Melissa Holbrook entered yoga teacher training to strengthen her practice. Still, she discovered a more profound passion for sharing the benefits of calming the mind and body through breath and gentle movement. Her classes blend gentle Vinyasa and Yin-Vin Restorative styles designed to help connect with the body and ease the mind.

INFORMATION

500 HR RYT Yoga Alliance
330-571-1503
mkholbrook82@gmail.com
sparkwellnesshub.com

TRAINING

YOGASIX, VIRTUAL 200-HOUR YTT
200 HR RYT Certified - April 2021-June 2021

SHINE, LLC.
Reiki – Level 1 Certification – Oct. 14, 2023

SHINE, LLC.
Sound Therapy Certification – Nov. 11, 2023

SHINE, LLC.
Meditation & Mindfulness Certification –
December 16, 2023

SHINE, LLC.
Sound Balancing with Tuning Forks
Certification – January 4, 2024

EXPERIENCE

YOGA INSTRUCTOR

LifeCenter Plus | Hudson, Ohio | 2021-Present

- Weekly Monday evening Restorative classes - 75 minutes
- Weekly Tuesday & Thursday morning gentle yoga classes - 75 minutes

YOGA INSTRUCTOR

Rogue Awakening | Fairlawn, Ohio | May 18th, 2024

“Mindful Mental Health Journey” **Workshop** -
Restorative instructor - 75 minutes

WORKSHOP FACILITATOR

Shine, LLC. | Kent, Ohio | April 13th, 2024

“Embodied Flow: Nurturing Deep Connection through Flow, Meditation & Sensory Exploration” **Workshop** -
gentle yoga and meditation instructor - 75 minutes

YOGA INSTRUCTOR

Archbishop Hoban High School | Akron, Ohio |
August 2023-May 2024

Gentle yoga instructor for the Wellness Wednesday
program - 45 minutes

TRAINING, CONT.

SHINE, LLC.

Restorative Yoga – Level 1 Certification –
January 16, 2024

ROGUE AWAKENING

Aerial Yoga – Level 1 Certification –
January 27th & 28th, 2024

SHINE, LLC.

Reiki – Level 2 Certification – Feb. 10, 2024

SHINE, LLC.

Yin Yoga – Level 1 Certification – April 20,
2024

SHINE, LLC.

Access Bars Certification – May 18, 2024

SHINE, LLC.

Restorative Yoga – Level 1 Certification –
January 16, 2024

SHAPES AND SHIFTS

300-Hour YTT Certification – September 9,
2023 – May 24, 2024

SHINE, LLC.

Yin – Trauma and Prenatal Informed Yoga
Certification
July 21, 2024

OTHER CERTIFICATIONS

ROGUE AWAKENING

Smart Sequencing Certification – August
27, 2022

MELISSA HOLBROOK, CONT.

YOGA INSTRUCTOR

Archbishop Hoban High School | Akron, Ohio |
August 2022-February 2023

Gentle yoga instructor for the staff of Archbishop
Hoban High School on Tuesday afternoons - 60 minutes

OTHER PROJECTS

SPARK Wellness LLC | Stow, Ohio | July 9, 2024-Present

Owner. Facilitating a holistic approach to mental well-
being, addressing the energetic aspects of health as a
complementary tool for stress management, health
improvement, and overall well-being.

Archbishop Hoban High School | Akron, Ohio | Feb.
21, 2022-Present

Educator. Continuing education from eleven years at
Ravenna High School, teaching Hoban High School
students the Latin language and Roman culture.

OTHER IMPORTANT EXPERIENCES

SHINE | Kent, Ohio | August 25th, 2024

Perimenopause and Menopause informational retreat.
Educated about what happens in the body with aging
and peri/menopause. Given food options that will
support aging. Educated about healthy movement
and sleep