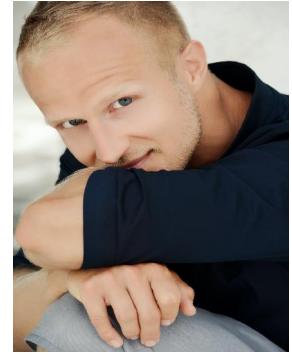


Yury Rokkit Miankovich
Mindful Movement Expert for Group and Personal
Training, Continuing Ed Specialist, Life Coach,
Author

yury@yuryrokit.com yuryrokit.com ☎: +1.347.6010933
Languages: English, Russian, Vietnamese, Chinese
Currently home base: NYC



YURY CURRENTLY TEACHES:

- LAND:** Signature Spirited® and Spirited Self-Care® programs, as well as Cardio-Sculpt, Schwinn Cycling, Yoga (restorative, Ashtanga, vinyasa, yin), Pilates (mat and props), Qi Gong, Meditation, & Stress Management, Barefoot Fusion
- AQUATICS:** Signature Spirited Surf® program, as well as Cardio-Strength-Flexibility Fusion, Qi Gong, Yoga, Pilates,

CURRENT CERTIFICATIONS

- JUN 2020** Spectrum SoulSelf Expansion Immersion Program
MAR 2020 Bio-Well certified practitioner w/T. Barsotti
OCT 2019 Qi Gong certified teacher w/Robert Peng
JAN 2019 Speakers University NYC w/NSA
MAY 2019 American Heart Association CPR Recertification w/ V. Grant
SEP 2018 XPT® certified
MAR 2015 Piloxing® certified
FEB 2014 Fitness FX certified
MAY 2013 Quantum Success Coaching Academy Life Coach Certification w/C.Whitman
MAY 2013 Aqua Zumba® and ZumbAtomic® specialty certification, KL
SEP 2013 GFIT certified; Master Trainer for GFIT_Group Ex; Kuala Lumpur, Malaysia
SEP 2012 M.E.T./Movement Efficiency Training specialist, Kuala Lumpur
SEP 2012 NASM Corrective exercise specialist, Malaysia, Kuala Lumpur
APR 2012 AcroYoga® therapeutic immersion, Chiang Mai, Thailand
MAR 2012 Yoga Teacher Training with Hart Lazer, United Yoga Montreal
JAN 2011 BeamFit® Training, NYC, USA
FEB 2011 SCW Philadelphia MANIA
FEB 2011 Zumba certification B1
FEB 2011 AFAA Group Exercise Instructor Certification #531273
DEC 2010 Fitness Group Cycling Fitness Certification, Istanbul
JUL 2009 ACE Personal Training Certification, # T149292

PROFESSIONAL EDUCATION:

- 2010-2011** CHARTER UNIVERSITY, M.A. Chinese Studies M.A. #272138749
2009-2010 GUANXI MINGZU DAXUE UNIVERSITY OF NATIONALITIES, China, exchange student, language practice & comparative linguistics Chinese & Vietnamese
2006-2011 HANOI NATIONAL UNIVERSITY, Vietnam: Department of Chinese Studies: Student of Vietnamese/Chinese Translation
2004-2006 BELARUS STATE UNIVERSITY, Belarus; Department of International Relationship; Faculty of Asian Studies B.A. in Chinese Linguistics

CONTINUING EDUCATION

- DEC 2019** Anatomy Trains immersion at Kripalu, MA w/T.Mayers
JUN 2019 Qi Gong Master Key at Omega, NY w/Robert Peng
SEP 2016 7 day silent retreat w/Almine OR
JUN 2016 fitCamp "Excellence in Fitness Education" w/L.Biscontini_7 day immersion

NOV 2014 1 month Buddhist Meditation Retreat Course, Kopan Monastery, Nepal
JUN 2014 Nam Yang Qi Gong and Kung Fu training camp, Northern Thailand
DEC 2013 Bihar Yoga School, India, Munger
OCT 2013 Asia Fitness Conference AFC, Bangkok; co-teaching GFIT Certification
AUG 2013 Idea World Fitness Convention, Los Angeles
OCT 2012 AFC Asia Fitness Conference, Pattaya, Thailand
MAR 2011 East Coast Alliance (ECA) NYC Convention
JAN 2011 Global Fitness Connect, Personal Training Congress, Athens, Greece
DEC 2010 BOSU Master Training Camp, Los Angeles: BOSU elite team training
SEP 2010 Asia Fitness Convention (AFC), Bangkok, Thailand

CLASSES/PROGRAMS:

please see: yuryrokit.com

PRESS/MEDIA/AWARDS/COMMUNITY SERVICE

DEC 2016 MC/Host for Halong Bay Heritage Marathon, Halong Bay, Vietnam
NOV 2016 MC/Host and supporting sponsor for Breast Cancer Awareness Zumbathon Charity, Hanoi, Vietnam
SEP 2016 SCW Presenter of the Year, scwfit.com
MAR 2015 TV News Manila, Philippines News Story covering Yury's volunteering work with children's Ayala Foundation Cancer Fitness Marathon
MAR 2015 Ayala Foundation and Gold's Gym Charity Event, Manila, Philippines.
OCT 2013 AFC Award Winner Fitness Idol Bangkok: asiafitnessbkk.com
SEP-DEC 2010 Word Hanoi Magazine Fitness Challenge
<http://wordhanoi.com/insider/160-general/1333-fighting-fit?start=3>
SEP 2010 AFC 2010 Official Press Release
<http://www.catandnat.com/pages/content/yury-miankovich>
AUG 2010 Vietnam News Agency
<http://www.vnnnews.net/hanoi-gym-welcomes-back-the-man-from-minsk>

WORK and PRESENTER EXPERIENCE:

JAN 2020 StayVention w/L. Biscontini & B. O'Brien
JUL 2019 Martial Arts Super Show representing Jungshin
JAN 2019 Schwinn Master Trainer
APR-DEC 2019 Moise Safra Center (Movement Meditation, Move Camp, Water Fitness)
OCT 2017, -19 Asia Fitness Convention, Bangkok, Thailand
MAR 2017 Nike Super Workshop, Shanghai, China
2017-... JCC NYC group fitness (TRX, Boot Camp, Yoga)
2017-... Equinox NYC group fitness (formats: Metcon, Stacked, Precision Running, Muse, Barre Burn, True Athlete)
2016-... SCW Fitness Idol Integral Judge
AUG 2017, -18, -19, -20 CanFitProro World Fitness Expo, Toronto
JUL 2017, -18, -19, -20 Idea World Convention
ALL2017 SCW Mania Presenter Circuit of Precon, Sessions, and Postcons
2010-16 Personal Trainer & Group Movement Specialist, Hanoi, Vietnam
ALL2016, -17, -18, -19, -20 SCW Mania Presenter Circuit
OCT2016 Asia Fitness Convention, Bangkok, Thailand
OCT2016 GFIT Certification Course 3 day with L. Biscontini Shanghai and Bangkok
MAR 2016, Nike Super Workshop, Shanghai, China
2015 Invited Teacher & CEC Provider for Mind-Body Retreat, Mykonos, Greece
2014 Opened Ki Mind-Body Studio as Owner, Hanoi
OCT2013 GFIT Certification Course, Bangkok: Asia Fitness Conference AFC
2013 Asia Fitness Conference AFC, Bangkok; co-teaching GFIT Certification Course
2013-2014 Fusion Body Work, Hanoi, Vietnam
AUG 2013 Idea World Fitness convention; co-presenting on stage with/L. Biscontini
2011-2012 Elite Fitness Club, Hanoi: Zumba®, Indoor Cycling, Pilates, Yoga.
2011 Intercontinental Hotel, Hanoi: personal training, Pilates, Yoga

- 2009-2011** Zenith Yoga Studio, Hanoi: Yoga, Pilates and Free Movement classes, assist in managing studio in absence of its owner summer
- 2007-2011** Nshape Fitness Center, Hanoi: Group Fitness Instructor, Personal Trainer, and Staff Fitness Trainer conducting regular fitness trainings in core training, personal training techniques, assessment, and service skills
- DEC2010** Istanbul Mind-Body National Convention, Co-Presented “Partner Yoga Session,” and trained in NIA, Bender Ball®, Group Functional Strength Certification, Pilates, and Yoga
- 2008** United Nations International School (UNIS), Hanoi: Dance Instructor of modern and hip-hop dance for secondary high school students, choreographed “Grease” musical
- 2007-2009** Cleverlearn English Language Center, Hanoi: Certified Teacher of TESL, General English Teacher
- 2006-2007** APEC English School, Hanoi: Teacher of TESL, English Teacher
- 2006** Assistant Manager at Miracle Resort, Antalya, Turkey: Customer service/animation, entertainment, staff service training

REFERENCES: Please email me for a complete list.