

ASHLEY ROSE TRYBA

2557 Amber St. Philadelphia, PA 19125 | ashleyrtryba@gmail.com | 267-980-1723

EXPERIENCE

YOGA TEACHER, TRAINER, KIDS + FAMILY LEAD THREE QUEENS YOGA

FEBRUARY 2017 - PRESENT

- Teach All-Levels and Basics classes in-studio + free offerings throughout the community (i.e. Head House Square)
- Write, design, and present workshops + training modules for Foundations of Trauma Sensitive yoga, alignment-based yoga, physiology, anatomy, self-massage, yogic philosophy to yoga teacher trainees
- Instruct trainees how to teach trauma-informed yoga classes safely and effectively
- Plan, promote, and implement fundraiser events for local non-profits: partner with local businesses on catering, music, giveaways
- Assist studio with live-streaming class programming before and in response to COVID-19 outbreak

YOGA TEACHER, TRAINER, VIRTUAL STUDIO MANAGER MAHA YOGA

FEBRUARY 2019 - PRESENT

- Teach trauma-informed yoga classes for incarcerated folks, people in re-entry as well as in recovery centers and psychiatric hospitals in + surrounding Philadelphia

YOGA TEACHER TRANSFORMATION YOGA PROJECT

FEBRUARY 2018 - PRESENT

- Teach All-Levels and Basics classes in-studio + record classes for the studio's Vimeo Channel
- Lead new, accelerated and advanced yoga teacher trainings
- Plan and produce high-quality workshop programming: alignment, pranayama (breath work), mindfulness, meditation, self-massage + self-myofascial release
- Work with desk staff to convert business and onramp virtual studio and Vimeo on-demand channel in response to COVID-19 outbreak

GARDEN MANAGER + EVENTS COORDINATOR TEMPLE COMMUNITY GARDEN

OCTOBER 2010 - MAY 2014

- Advocate for larger community garden space on campus, plan and construct an entirely new community garden including shed, raised beds and high tunnels
- Write grants for supplies, seeds, and funding for community projects and kids' programming at nearby schools
- Outreach and organization for guest presenters and write and instruct curricula on gardening, harvesting, food preparation and cooking, seed saving, and permaculture principles to Temple students and community members
- Analyze soil and water samples, order seeds/supplies from local businesses, run organizational meetings, bookkeeping and data maintenance
- Plan, promote, and implement outreach events, volunteer days, and fundraisers: delegate jobs, coordinate resources, identify locations, brands, organizations, and artists to collaborate with
- Maintain accurate records of all relevant garden data, including but not limited to seeding and planting dates, harvest poundage, revenue, expenses, and number of volunteers

DIRECTOR OF MARKETING & OUTREACH BENNETT COMPOST

APRIL 2014- PRESENT

- Manage administrative duties such as payroll, reconciling payments and invoices, member data entry and management
- Increase membership by 150% within the first year of marketing via social media, newsletter, and farmers' markets
- Design and implement marketing and outreach plan to attract different demographics and increase membership 150%

LAND USE RESEARCH + URBAN FARM INTERN URBAN TREE CONNECTION (VOLUNTEER)

JUNE 2011- AUGUST 2012

- Survey vacant land parcels, conduct 50+ community member interviews
- Record, manage and analyze key data to determine optimal satellite garden locations
- Author 2 sets of seasonal recipes for farmer's markets
- Plan and implement annual sustainable farm plans to meet the needs of the urban farm's constituencies
- Managing and working with student volunteers, community members, and other volunteers from diverse backgrounds to execute all crop production activities, including but not limited to soil fertility management, greenhouse management, seeding, planting, organic weed and pest control, harvesting, post-harvest handling, and general landscaping

EDUCATION

TEMPLE UNIVERSITY, PHILADELPHIA, PA

MAY 2014

BA IN ENVIRONMENTAL STUDIES AND FRENCH

GPA 9.74, MAGNA CUM LAUDE, HONORS PROGRAM, PHI BETA KAPPA, DEAN'S LIST

PUBLICATIONS

Tryba, A. "Filling the Void With Food: Urban Gardens as Safe Spaces and Alternatives to Vacant Land", 2015. Journal of Political Sociology. (*Published December 2015*)

CONFERENCE PRESENTATIONS

World Conference on Women's Studies COLOMBO, SRI LANKA
Temple University Critical Geography Conference PHILADELPHIA, PA
Temple Undergraduate Research Forum PHILADELPHIA, PA
Women's Studies Conference: Food Politics & Gender CARLISLE, PA

MARCH 2015
NOVEMBER 2014
APRIL 2014
MARCH 2014

OTHER SKILLS AND CERTIFICATIONS

CERTIFIED 200HR YOGA TEACHER & THAI BODYWORKER AMRITA YOGA
200HR CERTIFICATION ALIGNMENT-BASED YOGA THREE QUEENS YOGA
BAND MEMBER & BOOKING MANAGER

JUNE 2015
FEBRUARY 2017
MAY 2014 - CURRENT