

Benjamin Tipper MA, CPT, E-RYT 500

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EXPERIENCE

Yoga & Fitness Program Manager, Movement Gyms, Maryland Dec. 2018-Present

- Oversaw yoga and fitness programming for multiple Movement locations including classes, events, scheduling, and payroll.
- Hired, onboarded, and managed a staff of 25+ certified instructors. Primary point of contact for staff trainings, evaluations, and compensation.
- Led a transition from outsourced to in-house instructors in Maryland. Assisted our Chicago yoga and fitness relaunch. Created a national peer feedback program. Led our Yoga Teacher Training.

Founder and Practitioner, The Serenity Space, Baltimore, Maryland August 2016-Present

- Developed a client-centered appointment structure utilizing self-care exercises and wellness education paired with goal-oriented tracking to affect measured, positive change in peoples' lives.

Yoga & Fitness Instructor, Personal Trainer, Various Locations Sept. 2016-Present

- Currently or previously employed by Patagonia, Clipper City Crossfit, Baltimore Yoga Village, Lift Yoga and Strength, Charm City Yoga, YogaWorks, Calvert Hall, and Movement Gyms.

EDUCATION

Master of Arts in Professional Studies May 2018

Towson University, Towson, Maryland Final GPA: 3.91

- Pursued a self-designed curriculum to better work and manage in the health & wellness industry.
- Achieved a near perfect GPA in a wide variety of different departments and courses including: Biopsychology, Counseling Techniques, Kinesiology, Marketing Healthcare, Motivational Psych.

Bachelor of Arts in English, Minor in Spanish December 2014

Saint Mary's College of Maryland, Saint Mary's City, Maryland Final GPA: 3.84

- Graduated Magna Cum Laude, 4.0 GPA 2 semesters, Dean's List 4 semesters, Jr. and Sr. Scholar.

COMMUNITY INVOLVEMENT

Founder, The Sustainable Giving Campaign, Baltimore, Maryland April 2017-Present

- Founded The Sustainable Giving Campaign. Grew the campaign with volunteer management and 5% of my annual income. Fundraised \$101,147 for Baltimore nonprofits since 2017 including:
 - \$13,874 for Paul's Place in 2024
 - \$15,549 for The Baltimore Farm Alliance in 2023.
 - \$13,329 for Baltimore Green Space in 2022.
 - \$13,651 for Black Women Build Baltimore and \$1,225 for a friend in need in 2021.
 - \$12,846 for CASA's Solidarity Fund and \$5,000 for the Maryland Food Bank in 2020.
 - \$8,216 for The Baltimore Tree Trust in 2019.

Co-Chair, Margaret O. Cromwell Family Fund, Baltimore Community Foundation July 2021-Present

Mentor, Big Brothers Big Sisters, Baltimore, Maryland Dec. 2015-June 2021

- Maintained a long-term relationship and visits with my mentee little brother through graduation.

CERTIFICATIONS

E-RYT 500 Registered Yoga Teacher, Registered by the Yoga Alliance Sept. 2016

Certified Personal Trainer, Licensed by the American Council of Exercise June 2017