

# 🔥 Austin Witherow 🔥

Versatile. Thrives on a challenge. Gets the job done. Works smart, plays smart. Revolutionary.



## Currently

**Cofounder @ Alohawai Farm**  
[alohawai.farm](http://alohawai.farm)

11/2018 - Current

- Planting, harvesting and caring an acre of organically sourced and maintained superfoods.
- Sales based platform via website with automation for efficiency.
- Instagram and Facebook marketing strategies

## Yoga Instructor

**Software Developer/Information Technology Specialist**

**@ Yoga Loft, Hawaii**

[yogalofthawaii.com](http://yogalofthawaii.com)

01/2019 - Current

- Teaches a variety of yoga classes with focus on **breathwork, meditation** and **holistic/balanced āsana**.
- Working on the development of the Hawaii School of Yoga Online Courseware portal.

**Swim Coach @ Aloha Aquatics, Mililani**

[teamunify.com/Home.jsp?team=hiaaa](http://teamunify.com/Home.jsp?team=hiaaa)

02/2019 - Current

- Teaching the fundamentals of swimming to the Bronze group, assisting swimmers acceleration and learning potential to move into the Silver/Gold Group
- Specialised 1:1 dietary modification planning
- HIIT (High Intensity Interval Training) focusing on full body movement, acceleration drills, strength and body awareness with elements of Yogic breathing, movement and meditation.

## Recent Updates

### Mini Retirement 2018

- Moved back to the USA after living in Germany for 5 years.
- Completed Youngsan Stay in South Korea, learning the fundamental practices of Won Buddhism
- Completed Mindfulness Training with Focus on Digital Detox Certificate through the Won Institute in Philadelphia.
- Completed my RYS 200 Yoga Teacher Training in Hatha and Tantra Yoga
- Active Leader while “Working on Organic Farms” (Woofing) at the Mouna Farm in Oahu, Hawaii.

## Experience Per Category (Sorted Most Recent), Certificates Located at End of Document

### Categories

1. Programming
2. Swim Instruction, Team Coaching
3. Fitness Instruction
4. Lifeguarding
5. Writing

### Programming

#### Software Engineer

1/2016 - 12/2017 | **Costa Digital Unit (Tech Ops of AIDA)**

**myAIDA App (main project)** | [bit.ly/2h5H84u](https://bit.ly/2h5H84u)

A beautiful customer centric onboard experience built with a little too bleeding edge stack. One of the best learning experiences I could have asked for, and some of the best mentors I could hope for. Worked primarily with Docker, Golang, GraphQL, React-Native, React-Relay, Redux, XMPP and Contentful, as well as Ruby, Bash and Python for accessory tool scripting. Highlights: Offline First, UI-Library, Performance Measurement, E2E Testing, Supreme Design Principle of 8.

**Seetours (support project)** | [seetours.de](https://seetours.de)

A financially prosperous learning and sales portal for multiple cruise brands including AIDA, Costa, Carnival, Cunard and more. Worked primarily with React/Redux, Golang and Amazon AWS.

### **Retrospective Leader**

The “Go To” Retrospective leader for multiple teams in the organisation with a focus on small, compounding growth principals.

### **Frontend Developer**

11/2014 - 12/2015 | **Goodgame Studios** | [goodgamestudios.com](http://goodgamestudios.com)

#### **Hydra**

A beautiful modern web app focusing on excellent customer support. Wins: Full replacement of old system... planned, scaled and deployed in under 3 months. Call centre agent happiness skyrocketed, a culture was formed. Before I left, it was fully translated into 3 languages (English, German and Spanish).

In addition to my work as a developer on the project, I headed the initiative to get more user feedback from the the Customer Support team. Through this, we added basic gamification and personalisation techniques to engage the CS team. Using effective cost/benefit analysis, we brought the average ticket time to resolution from 11 minutes down to only 3. Multiplied by 300 employees. Very proud at how self organised we were in this.

### **Corporate Website**

Implemented feature requests on the frontend of the Wordpress based site. Mostly style development and fixes in SASS/HTML.

### **Multimedia Developer**

03/2013 - 08/2014 | Cybermedia Technologies | [ctec-corp.com](http://ctec-corp.com)

- Created quality graphics with the Photoshop, Illustrator, After Effects for multiple e-learning courses for U.S. Government Agencies.
- Helped create the bare bones of an internal HTML5/CSS3/JS e-learning framework.
- Provided desktop publishing support on proposal efforts as well as in the e-learning courses.
- 508 Compliancy and Accessibility testing and implementation.

## **Web Development Intern**

06/2012 - 09/2012 | VisualZen | [visualzen.com](http://visualzen.com)

- Assisted with maintenance tasks in C# and SQLServer.
- Set up the companies intranet site in Microsoft SharePoint 2010 as well as their Team Foundation Server.
- Converted sliced .psd files into the current corporate website.
- QA Engineering for iOS, Android, Windows, OS X and Linux

## **Swim Instruction, Team Coaching**

Having swum all my life, I have coached many age groups and pride myself in the exceptional quality of training and results in the teams I have coached and swimmers whose lives I've touched. My approach is to ignite their own inner flame to chase their dreams, and to help them train their focus on fundamentals that suit their strengths and address their weaknesses. I focus on race pace training, dryland workouts and optimisation of recovery.

## **Head Coach**

- . Old Church Aquatic Club, 2008-2010

## **Assistant Coach**

- . George Mason University College Summer Training, 2013-2014
- . Mason Makos Age Group (9-14), 2013-2014
- . Burkwood Aquatic Club Summer League, 2009-2012
- . Old Church Community Centre Summer Team, 2003-2007

## **Private Coaching**

- . Red Cross Youth Swim Lesson Instructor, 2013-2014, 2005-2010

## **Lifeguarding**

- . George Mason University, 2013-2014
- . Old Church Community Centre, 2008-2009 (Management)
- . Old Church Community Centre, 2005-2008

## **Writing**

- . Ran an Android Fanboy blog in college reviewing apps and ROMS and stuff, deleted it a while back.
- . Currently writing **Won Buddhism for Westerners**, tasked by my hometown temple, a pocket guide that elucidates the main points

of the Principle Book on Won Buddhism and other items contained in their scripture.

- I have written poems to past lovers.
- Currently writing an extensive work on Open Source Yoga, an attempt at highlighting core philosophies of Yoga and building a daily routine for balancing the Mind, Body and Spirit in a way that is adaptable for the entire Human Race.

## **Additional Information**

**Education:** Graduated December 19, 2013 with my B.S. in Applied Information Science Technology and Business Development with a 3.0 GPA from George Mason University.

**Cryptocurrency:** Familiar with trading on a swing basis with returns over 10% average.

**Languages:** English (native), German (C1)

**Personal Projects (Programming):** [github.com/awitherow](https://github.com/awitherow)

### **Athletics:**

- Competitive Swimming
  - 13 Time Colonial Athletic Association (CAA) medalist (6 Gold, 4 Silver, 3 Bronze)
  - Captain of the Varsity Mens Swim Team at George Mason University from Sophomore until Senior Year.
  - Countless ribbons and medals from my Summer League and High School Career.
  - Captain of Varsity Mens Swim Team at Lee-Davis High School, Junior and Senior Year.
- Karate
  - Broke my arm in a competition, was worth it though... cool scar! (you should see it sometime).
- Wing Chun and Tai Chi
  - Learned from the broken arm in Karate.
  - Certified by Bülent Senpai of Wing Chun Altona to teach Siu Nim Tau and Chi Sao.
  - Authorized by Kim Kyomunim of Won Buddhism of Richmond Temple to teach the principles of Tai Chi and Qi Gong exercises for health, vitality and longevity.

CERTIFICATE  
OF COMPLETION

This certificate is presented to  
Austin Witherow  
For successfully completing  
2018 Shaping Human Nature With Digital Detox

7.15.2018

Date

Bokin Kim The President of Won Institute of Graduate Studies

Youngdon Choi The Chief Director of Cooperation Aggregate  
New Mind-New Life Association



*CCW*

*Young Don Cho*

WON-BUDDHISM INTERNATIONAL YOUNGSAN STAY

제2회 영산선원 글로벌 스테이

Certificate

This is to certify that  
*Austin Witherow*  
HAS SUCCESSFULLY COMPLETED THE YOUNGSAN STAY TRAINING FROM  
1 MAY 2018 UNTIL 31 MAY 2018.

*김주완*

VEN. KIM JUWON

PRESIDENT, YOUNGSAN UNIVERSITY OF SEON STUDIES



DATE OF ISSUE: 30 MAY 2018





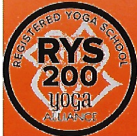
# Hawaii School of Yoga

Teaching Classical Yoga, Tantra and Ayurveda



## Lewis Austin Witherow

Has completed 200 Hours of Hatha Yoga and Tantra Teacher Training  
On Dec 16, 2018 and qualifies as an RYT-200 with Yoga Alliance.



*Zedy Ogrisseg*

Awarded by Zedy Ogrisseg RYT-500  
Director, Hawaii School of Yoga

# George Mason University

*hereby confers upon*

**Lewis A. Witherow**

*the degree of*

**Bachelor of Science**

**Information Technology**

*together with all the rights, privileges and honors thereunto  
belonging in consideration of the satisfactory fulfillment of  
the requirements prescribed by the Faculty.*

*In Testimony Whereof this Diploma, signed by the authorized  
officers of the University under the corporate seal attested  
by the Registrar, is granted at Fairfax, Virginia, this  
nineteenth day of December, A.D. 2018 and of the  
Commonwealth the Two Hundred Thirty-eighth.*

*Chillemonte*  
Rector

Brian P. Selinsky  
Interim University Registrar



*Nigel Allen*  
President

*Kevin Ball*  
Dean, Volgenau School of Engineering

