**Summary**

New York based yoga teacher / therapist, C-IAYT, E-RYT-500 and Certified Medical Exercise Specialist with 21-years experience working with a variety of concerns including Parkinson’s, MS, Epilepsy, Cancer, Pulmonary Disease, Osteoporosis, Depression, Rheumatoid Arthritis and Diabetes.

**Accomplishments**

* Yoga for Cancer, Teacher of the Month February 2013
* Presenter SYTAR CIC, Yoga for Cancer June 2016
* Launched Jennifer Brilliant Yoga Studio, 2004
* Participated in Y4C’s Master Teacher Pilot Program to train as a lead teacher and assisted Y4C Teacher Training at Kripalu, 2013
* Continued studies with Glenn Black, Rodney Yee, Genny Kapuler, Yoga Studies Institute
* Participated in Tom Meyers Fascial Dissection Course, 2017

**Experience**

**Yoga Therapist 1989–Present**

Private Yoga Therapy sessions and group classes

Assist students privately using an eclectic combination of Pilates, Yoga, Traditional Exercise, Therapeutic Exercise, Alexander Technique, Meditation,

and Intensive Yoga Philosophy Study.

**Presenter various Yoga workshops 2002–Present**

Topics include Yoga & Scoliosis; Solutions for Tight or Injured Hamstrings;

Yoga Stress Relief; Yoga for Happy, Healthy Veins

**Jewish Board Brooklyn Care Management Services 2015–Present**

Yoga Therapist

Monthly class with the Serious Mental Illness Women’s Group using Yoga Therapy tools to soothe the women as they meet life’s challenges including recovery from surgery, loss of a loved one, fatigue, anxiety and tension.

**Yoga for Cancer Nov–Dec 2015**

Jennifer Brilliant Yoga

Teach ongoing class for Cancer Survivors using tools from Tari Prinster Y4C program.

**Maha Padma Yoga Temple** **Oct 2013**

Taught Yoga Therapeutics module in the studio’s teacher training program.

**OM Yoga Center 2000–2005**

Director of Teacher Training

Managed all aspects of the program from responding to inquiries, reviewing applications and faculty.

**Academic Education**

**Adelphi University**

BFA, 1980

**Yoga Therapy Education**

**Bodymind Ballwork with Ellen Saltonstall**

Level 2 November 2016

Level 1 July 2004

**Integrated Movement Therapy with Molly Lannon Kenny**

IMT for Teens, June 2015

IMT for Children, May 2012

**Anatomy Trains Modules**

Anatomy Trains for Movement Therapists with Simone Lindner, February 2015

Application of Myofacial Meridians to Movement with Tom Myers, March 2008

**Mudra in Asana and Pranayama with Ramanand Patel**

October 2014

**Integrative Yoga Therapy**

Module 2, August 2014

Module 1, March 2014

**Yoga and the Alexander Technique with Joan Arnold**

June 2013

**Yoga for Cancer with Tari Prinster**

May 2012

**Yoga and the Pelvic Floor with Jaki Nett**

January 2006

**Relax & Renew Restorative Training with Judith Lasater**

May 2005

**Other Yoga Education**

**Tom Meyrs** Fascial Dissection, Tempe, AZ, Feb 2017

**Genny Kapuler**

Ongoing Iyengar Yoga studies, NY,NY

**Glenn Black**

Kriya Yoga Retreat, Les Granges, Switzerland, May 2016

Asana, Kriya, Therapeutic Bodywork & Meditation, Rhinebeck, NY, May 2009

**Yoga Studies Institute**

Bhagavad Gita NY, NY Nov 2009–Jan 2012

Hatha Yoga Pradipika, NY, NY, Feb 2006–Nov 2008

Yoga Sutras, NY, NY, Feb 2004–Au 2005

**Rodney Yee**

Teacher Training, NY, NY Oct 2000 & 2002, Nov 2003, Aug 2005

**Affiliations/ Certifications**

**Yoga Alliance**

E-RYT500 & YACEP since 2002

**International Association of Yoga Therapists**

C-IAYT and General Member since 2012

**American Council on Exercise**

Gold Certified Medical Exercise Specialist since 2000

**IDEA Health & Fitness Association**

Member since 1991

**American Heart Association**

CPR/AED Certified since 1991

**Publications**

* Doga, Yoga for Dogs, author, Chronicle Books 2003
* Joyful Birth by Susan Pivar, Contributing Editor, Rodale Press, 2002
* Contributor, YogaCity NYC, 2016

**Professional Presentations**

* SYTAR CIC Talk, Yoga for Cancer, June 2016