



MINDFULNESS YOGA

for Every Body with Yogi Jennie

Jennie Tudor Gray, 500 RYT

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SUMMARY

I am an experienced and certified yoga and mindfulness meditation instructor and received my 200 and 300 CYT with My Vinyasa Practice to become a 500 Registered Yoga Teacher with Yoga Alliance. I am certified in and teach a variety of yoga practices including Vinyasa, Yin, Pre/Post Natal, Hatha, Restorative, Adaptive Yoga, and Trauma Informed Yoga. I have been teaching different types of styles of yoga to children, adults, and seniors since 2019 in person as well as online. In addition, I hold FA/AED/CPR certifications. I am based in Austin, TX with a record in health, teaching, and wellness roles. I also have many years as a certified all levels art teacher and I have always felt the call to become a yoga teacher too. I am eager to help students improve wellness through yoga and meditation instruction in a wide variety of Yoga styles.

SKILLS

I am able to build effective relationships with students of all backgrounds and skill levels and am committed to always continuing to learn and grow through my practice. Hardworking, dedicated and supportive, I possess excellent communication and problem-solving abilities. I aspire to be a Yoga Instructor who is adept at working with each student's unique needs across a range of classes. I believe in wellness equity and am committed to serving diverse communities and experiences.

EDUCATION AND CERTIFICATIONS

CPR/FA/AED Certificate, 2021

Red Cross Training at the University of Texas at Austin

500 RYT Registered Yoga Teacher with Yoga Alliance

My Vinyasa Practice, 2020-2021

Trauma Informed Yoga Certificate

My Vinyasa Practice, Austin, TX 2020

Texas State University-San Marcos, TX

Bachelor of Fine Arts in Studio Art with All Level Teaching Certification, magna cum laude, 2011

EXPERIENCE

The University of Texas at Austin

Yoga Instructor, 2021 to present

Shape Up Corporate Fitness

Yoga Instructor, 2021 to present

Shakti Yoga and Wellness

Yoga Instructor, 2021 to present

Yoga Specialists

Yoga Instructor, 2021

Yogi Jennie: Mindfulness Yoga for Every Body, Austin, TX

Yoga Instructor, 2019 to present

ADDITIONAL TEACHING EXPERIENCE

Creative Action, Austin, TX

Teaching Artist, 2011-2012, 2021-present

St. Stephen's Episcopal School, Austin, TX

Art and Graphic Design Instructor, 2017 to 2021

The Contemporary Austin-Laguna Gloria Art School

Art Faculty, 2013 to present

PROFESSIONAL MEMBERSHIPS:

Yoga Alliance, Yoga Specialists