



BRYNA PARKER

Yoga and Mindfulness

EXPERIENCE

BLUE SKY YOGA

- Yoga Classes, Workshops and Trainings.
- 200 HR YTT Guest Teacher
- Reiki Level 1 and 2 Training

OXEGEN PROJECT

- Youth Yoga Programing in Middle and High Schools
Programing for students and faculty.

YOGA BUZZ

- Leadership Team
- Community Outreach Coordinator
- 200 HR YTT lead facilitator
- 300 HR YTT facilitator
- Event Teacher

SOUTH RIVER YOGA

- Indoor and Outdoor Classes
- Workshops
- 200 and 300 HR Guest Teacher

JOY OF YOGA

- Classes, workshops and trainings.
- Reiki Practitioner
- 200 HR YTT Assistant Facilitator
- Corporate Account On-site teacher
- Office Assistant

CONTRACTOR

- As an independent contractor I have created programs for individuals in their homes and on-site support for business and schools. I design classes, workshops and full courses for hospitals, trauma centers, senior living facilities, corporations, small businesses and nonprofits.
- Donation based park yoga.
- Reiki 1, 2 & 3 Training Facilitator.

CONTACT

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EXPERTISE

- YTT Facilitation
- Customized Programing
- CE for Yoga Teachers
- Chair Yoga / Supportive Yoga
- Mixed Levels / Accessible
- Restorative
- Meditation & Mindfulness,
- Embodied Practices
- Sound Healing
- Youth Yoga
- Energy Body Work
- Body Positivity

"Yoga allows me to hold gratitude, love and forgiveness in my heart for all beings.... including myself."

EDUCATION

- Joy Of Yoga 200-HR Yoga Teacher Training
- Prison Yoga Project
- Prenatal Modifications
- Reiki level 1, 2 & 3
- Blue Sky 300-HR Yoga Teacher Training
- CE: Amber Karnes: Body Positivity / Michelle C. Johnson: Skill in Action / Sean Helene / Doug Keller / Leslie Kaminoff: Yoga Anatomy / Diane Bondy / Jules Mitchell: Biomechanics / Susanna Barkataki / Indu Arora / Sol Asar: Kemeti Yoga / Dr. Gladys Smith: Trauma Informed / Nartana Premachandra: Philosophy / Jill Miller: Fascia / Pati Pellerito: Sound Training / Angie Campbell: ELDOA