



Jen's yoga practice officially began in 2001 while living in DC and working for the Defense Sciences Office, a science and technology research arm of the Pentagon. Working in this post-9/11 environment, the world was stressed and Jen was feeling it personally. ***She found yoga and meditation as tools for much needed positive coping skills and stress-management.***

Rewind to childhood when Jen's awareness and interest in energy began at an early age with a strong intuition and awareness to reiki and prana, the universal lifesource. She recalls doing pranayama practices like the ujjayi breath, alternate nostril and cleansing kriyas. Although at that time she didn't know the purpose or name, it was clearly in her samskaras and DNA!

Although ***she never intended to become a yoga instructor***, Jen began teacher training as an educational immersion study completing her 200-hour training in Baptiste style Vinyasa as well as Ashtanga.

The practices of yoga "worked" for her and she wanted to know more about 'how' and 'why'. Naturally, marrying her job as a researcher and applied scientist with her love for the yoga system in which ***she found physical strength and mental peace and organization***, she decided to continue education in trauma-sensitive yoga training, advanced pranayama, mindfulness, Sanskrit, 500-hour training and later as a certified yoga therapist.

Present day, Jen instructs, researches and publishes on the findings of resilience, self-compassion, stress management and self-care of which classical yoga is an underpinning for all.

She instructs therapeutic yoga in the trauma recovery center at the VA Medical Center, Hamilton County Veterans Treatment Court, Hamilton County Juvenile Court, The Joseph House for veterans experiencing homeless and addiction and of course at Real Human Performance.

Jen still trains military and special forces in mental resilience techniques which also holds a foundation in yogic modalities (shhhh, don't tell them). On the mindfulness side, Jen teaches mindfulness, stress-management and meditation to organizations of mental health professionals, law enforcement, NFL teams and local sports teams. She also trains other teachers in the REAL School of Yoga and Mindfulness and travels teaching in the Mindful Yoga Therapy program.

Jen's dharma is to be a conduit that empowers people to live their truth and her personal svadharma is to serve those that serve.

Favorite postures: Mountain Pose and Half Moon Pose

Least favorite posture: Pyramid

Favorite breaths: Mountain Breath

Favorite meditation: Loving Kindness

Spiritual Name: Jyoti...aka Jyoti Jen (JJ)