

Jennifer Brilliant

Jennifer Brilliant Yoga and Personal Training
732A Carroll Street • Brooklyn, NY 11215
718-499-7282 • Jennifer@jenniferBrilliant.com

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 Myers 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

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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 Myofascial 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 Meyers 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

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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