

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

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## Summary

New York based Yoga Teacher / Therapist, C-IAYT, E-RYT-500 and Certified Medical Exercise Specialist with experience working with a variety of concerns including Parkinson's, MS, Epilepsy, Cancer, Pulmonary Disease, Osteoporosis, Depression, Rheumatoid Arthritis and Diabetes.

## Accomplishments

- Launched Jennifer Brilliant Yoga & Personal Training, LLC, **1989**
- Director of Teacher Training – OM Yoga Center, **2000-2005**
- Teacher of the Month - Yoga for Cancer February, **2013**
- Participated in Y4C's (Yoga for Cancer) Master Teacher Pilot Program as a lead teacher, **2013**
- Participated in Tom Myers Fascial Dissection Course, **2017**

## Experience

<b>Public, Private, Corporate and Group Classes</b>	<b>Ongoing since 1998</b>
<b>Yoga Therapist</b>	<b>1989–Present</b>
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.	
<b>MindfulNYU</b>	<b>Jan, 2023 - Present</b>
Yoga Teacher for Global Spiritual Life	
<b>Presenter of Various Yoga Workshops</b>	<b>2002–Present</b>
Topics include Yoga & Scoliosis; Solutions for Tight or Injured Hamstrings; Yoga Stress Relief; Yoga for Happy, Healthy Veins	
<b>Bryant Park Outdoor Summer Yoga</b>	<b>2008 - 2012</b>
<b>Prospect Park Outdoor Summer Yoga</b>	<b>2012 - 2015</b>
<b>Long Island University, Brooklyn Campus</b>	<b>2006 – 2017</b>
Adjunct Professor, Dance Department teaching Yoga	
<b>Sacred Sounds Studio</b>	<b>Jan – Mar 2020</b>
Teacher Tuesdays	
<b>Yoga Shanti NYC</b>	<b>Jan – June 2015</b>
<b>Maha Padma Yoga Temple</b>	<b>Oct, 2013</b>
Taught Yoga Therapeutics module in the studio's teacher training program.	
<b>OM Teacher Training, Midtown Yoga, Memphis TN</b>	<b>Sept 2000- Mar 2016</b>
<b>Long Island Yoga Association, Farmingdale, NY</b>	<b>Sept 2000- Mar 2016</b>
<b>Jaya Yoga Workshop for Teachers, Brooklyn NY</b>	<b>Jan 2001</b>
<b>Jewish Board Brooklyn Care Management Services</b>	<b>Jan 2015–Mar 2020</b>
Yoga Therapist Monthly class with the Women's Group for Serious Mental Illness using Yoga Therapy tools to soothe the women in this community as they meet life's challenges including recovery from surgery, loss of a loved one, fatigue, anxiety and tension.	
<b>Yoga for Cancer</b>	<b>Nov–Dec, 2015</b>
Jennifer Brilliant Yoga Teach ongoing class for Cancer Survivors using tools from Tari Prinster's Y4C program.	

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## **Academic Education**

**Adelphi University**  
BFA, 1980

## **Yoga Therapy Education**

### **Outsmarting Osteoporosis with Threes Physiyoga**

November, 2023

### **Yoga for Healthy Bones with Dr. Baxter Bell**

March, 2023

### **Agony of “De-Feet”:Yoga for Cranky Feet with Leslie Howard**

February, 2023

### **Listening to Pain with Joseph Lavacca**

June, 2022

### **Bedside Yoga, End of Life Care with Molly Lannon Kenny**

January, 2021 – March, 2021

### **Trauma and Teaching Relationships with Theo Wildcroft**

June, 2020

### **Accessible Yoga Conference with Jivana Heyman**

October, 2019

### **Mindfulness Meditation Teacher Training with Cyndi Lee**

April, 2019

### **Unconditional Yoga with Anneke Lucas**

October, 2018

### **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

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## **Other Yoga Education**

### **Genny Kapuler**

Ongoing Yoga studies, NY, NY 1998 - Present

### **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 November, 2009–January, 2012

Hatha Yoga Pradipika, NY, NY, February, 2006–November, 2008

Yoga Sutras, NY, NY, February, 2004–August, 2005

### **Rodney Yee**

Teacher Training, NY, NY October, 2000 & 2002, November, 2003, August, 2005, September, 2019

## **Affiliations/ Certifications**

### **Yoga Alliance**

E-RYT500 & YACEP

### **International Association of Yoga Therapists**

C-IAYT 2017

### **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