

JEN RENÉ

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Summary

Entrepreneurial yoga teacher, community leader, Pilates instructor and wellness coach with over 15 years experience. Strong ability to communicate effectively, build relationships, and grow following. Highly motivated to inspire others. Influencer who has taught hundreds of students in daily practice, created and designed yoga alliance registered teacher trainings and development programs and offer continuing education courses online and in person. To learn more visit www.jenrene.com.

Skills

- Pilates mat and apparatus certified
- YA-ERYT
- Student-oriented
- Strong promotion skills
- Social media presence
- Personable and friendly
- Results-oriented
- Training and development
- Excellent sales skills
- Community building skills

Experience

Mysore Program Director Flow Yoga Center

**01/2006 to Current
Washington, DC**

- Created the Mysore program at Flow Yoga Center in Washington, DC which grew to be one of the biggest programs on the east coast with more than 80 daily members and hundreds of students. I started with only a few students and two days a week. I quickly built the program to six days a week and the most populous in the DC area.
- Built community, led teacher trainings, guided mentees and apprentices, regularly taught sold out workshops, and regularly increased membership sales. I continue to manage the program and direct the teachers from afar and currently have a team of 11 teachers working for my program.
- Taught group fitness and wellness classes at various government agencies, law firms, and businesses in DC.
- Hosted, organized and sold out workshops with out of town teachers.
- Devised and announced new studio offerings. Created, priced, and analyzed various membership plans to maximize profit.
- Successfully led key marketing initiatives which resulted in increased membership.
- Taught students how to modify exercises appropriately to avoid injury.
- Guided clients in safe exercise, taking into account individualized physical limitations.
- Tracked class attendance and monitored class size to gauge the effectiveness of promotions.
- Led clients and groups of all ages through personal workouts and skill development training.
- Promoted programs, products and services to participants.

Pilates Instructor Fuse Pilates

**06/2010 to 04/2018
Washington, DC**

- Suggested exercise modifications to individual students to avoid strain and injury.
- Marketed facility, classes and services to current and potential members.
- Participated in club promotions to recruit new members and increase club sales.
- Corrected dangerous movements and suggested alternate exercises.
- Arrived on time, prepared and attentive for every training appointment.
- Carefully evaluated member needs and assisted them in achieving personal fitness goals.

Financial Analyst at US Coast Guard Headquarters NetStar-1 Government Consulting

**12/2009 to 10/2011
Washington, DC**

- Interact with senior level management to facilitate, monitor and coordinate activities between USCG and NetStar-1.
- Oversee and review for accuracy accounting reports and capitalization packages for United States Coast Guard major categories of general property, plant, and equipment.
- Monitor asset completion, from the start of the accounting reports process until the package is presented for

determination.

- Perform audit remediation and forensic accounting.

Education and Training

Master of Arts: International Affairs

George Washington University, The
Concentration: Economics and Political Science

2008
Washington, DC

Bachelor of Science: Business

Villanova University
Major: Marketing; Minor: Spanish; Concentration: Latin American Studies

2002
Villanova, PA

Richard Freeman and Mary Taylor

Participated in the prestigious month long teacher's intensive taught by certified teacher's Richard Freeman and Mary Taylor. Included more than 300 hours of asana study, philosophy, meditation, anatomy, and chanting. Focus on the Ashtanga method and influenced by Iyengar.

2018
Boulder, CO

Ashtanga Yoga School

Participated in month long yoga studies with certified senior teacher David Garrigues. Focus on asana, meditation, pranayama and philosophy study. Year completed 2015, 2016. Plus weeklong in-depth studies in 2013 and 2015.

2016
Kovalam

Ashtanga Yoga Center

Completed certified senior teacher Tim Miller's Primary, Intermediate and Advanced A series teacher training. Assisted the primary teacher training. Each training is over 100 hours focusing on asana, pranayama, philosophy and chanting. Additionally, attended and assisted 10 weekend workshops.

2015
Encinitas, CA

Pilates Apparatus Training

Bodies Arts and Sciences International Completed Comprehensive Pilates Apparatus training. This course encompassed hundreds of exercises on the Reformer, Cadillac, Wunda Chair, Avalon Chair, Ladder Barrel and Mat. It entailed over 500 hours of lecture, exercise, observation and apprenticeship.

Quantum Pilates Mat Training Focus on original 36 exercises as taught by Joseph Pilates. The course focused on anatomy and proper alignment of the Pilates postures.

2012
Herndon, VA

Sri K Pattabhi Jois Ashtanga Yoga Institute

Completed eight months of study. Practiced the primary and second series of Ashtanga Yoga under the guidance of Sharath Jois. Attended intensive courses in anatomy, pranayama, chanting, meditation, Sanskrit, and yoga philosophy offered by various yogis in the area.

2009
Mysore

Vinyasa Yoga Training

Map of the Innerworld 2008 training taught by Max Strom. The focus of the training was on hatha yoga with a strong concentration on proper alignment, hands on adjustments, and the usage of props. The training also covered safety, teacher etiquette, vocal communication, breath and meditation.

Bhakti Flow Teacher Training 2007 focusing on power yoga taught by Rusty Wells. The training covered 100 hours of sequencing vinyasa flow series, chanting, chakras, Sanskrit, meditation, asana alignment, and Hinduism.

It's Yoga Teacher Training 2005 350 hours of comprehensive yoga teacher training vinyasa and Rocket style.

2008
Washington, DC