

jennifer prugh



JenniferPrugh.com
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Founder | **Breathe Together Yoga**
Founder | **JOY of Yoga School of Integrative Learning**
Creator | **Breathe Together Online**
Principal | **Global Yoga and Mindfulness Adventures** *est. 2002*
Board Member | **Tibetan Children's Education Foundation**
Online Educator | **Yoga Anytime**
Writer, Photographer | ***River of Offerings***

Owner, Breathe Together Yoga

Two yoga studios, a tea house, wellness center, free cancer services, nearly 100 classes per week, and nine years in business. BTY orbits around one key principle: Yoga is for everyone.

Founder, JOY of Yoga School of Integrative Learning

Through movement, exercising the breath, time tested ethics, seated meditation, and consistent practice, we can learn to be more loving, present, and joyful human beings. And we can share it with others.

Founded JOY of Yoga 200 Hour Teacher Training, 2008

Founded JOY of Yoga 300 Hour Teacher Training, 2011

International Yoga and Mindfulness Adventures

Ladakh, India 07|2019

Nepal 05|2014

Peru 04|2014

India 2010, 2012, 2016, 2017, 2018

Italy 2008, 04|2019

Bali 2009, 2012, 07|2018, 02|2020

Grand Canyon 08|2013

Vietnam 03|2016

Cambodia 03|2016

Malawi, Africa 07|2014

Galapagos Islands 09|2017

Mexico 11|2015, 11|2016

Iceland 2017, 11|2019

France 05|2017

Tibet aka China 07|15

Patagonia 01|20

Chile 01|20

Bhutan 04|17

Panama 02|18

New Mexico 10|05

Hawaii (Big Island) 06|2004, (Maui) 05|2016

Board Member | Tibetan Children's Educational Foundation

Since 2009, I've located sponsors in the US for the education of children of Tibetan refugees living in India. In 2017, I became a member of the board.

In 2013, I attended the NGO conference of the United Nations in New York.

Yoga Therapeutics

La Europa (LaEuropaAcademy.com) 2008 - 2009

An outpatient school and recovery center in Utah for adolescent girls with eating disorders, drug addiction, and other destructive behaviors; trained psycho-therapists to become yoga teachers; implemented a yoga curriculum within their academic and therapeutic programs.

Bay Area Pain and Wellness Center in Los Gatos, California

Yoga, Mindfulness and Meditation for those living with chronic pain 2009 - 2012

Online Education

Mandala Yoga Seasons 1 & 2 | Yoga Anytime (YogaAnytime.com)

BreatheTogetherOnline | Mindful Joyful Living (breathetogetheronline.com)

Professional Experience in Higher Education

Associate Professor, Cogswell Polytechnical College 1995 - 2004

Taught within the Computer and Video Imaging (or Digital Arts) and General Studies. Taught storytelling, traditional story structure, archetypes of character, character development, fundamentals of visual storytelling.

Visiting Lecturer, LaSalle University, Singapore

Adjunct Lecturer, UC Santa Cruz

Extra-curricular Commitments

Assessment Coordinator

Faculty Senate President (2 years)

Vice-President (1 year)

Chair, Faculty Employment Manual Committee

Member Curriculum Committee

Member, WASC (Western Association of Schools and Colleges) Committee

Education

John F. Kennedy University, Orinda, CA

MA in Art and Consciousness, Studio Specialization 09 | 1989 - 06 | 1992

University of California at Santa Cruz, CA

BFA in Art, Sculpture Specialization 09 | 1980 - 06 | 1985

University of California at Santa Cruz, CA 09 | 1986 - 06 | 1987

Post-Bachelor Teaching Certificate

Primary Yoga Certifications

E-RYT 500 | Yoga Alliance

IAYT (International Association of Yoga Therapists) | Certified June 2017

Yoga Teacher Training

1000 Hour Yoga Therapist | International Association of Yoga Therapy 2017

200 Hour Power of Yoga | Sherri Baptiste 1999

300 Hour Power of Yoga | Sherri Baptiste 2005

200 Hour Prajna Yoga | Tias Little 2002

100 Hour | Iyengar Influenced | Kofi Busia 2005

100 Hour | Bhakti Yoga | Rusty Wells 2006

100 Hour | Ashtanga Yoga | David Swenson 2002

100 Hour Acro Yoga | Jenny Sauer-Klein 2010

Additional Yoga Therapeutics Education

Dr. Timothy McCall, Yoga as Medicine | Level One Training 10 | 2018

Yoga Therapy Conference | Los Angeles 2008

Yoga Therapy Conference | San Francisco 2000

Yoga & Dharma

Tias Little

The Middle Way | Moving With | Against Gravity | The Low Back 11 | 2011

Unburden Your Shoulders | Yoga for the Low Back 01 | 2013

Open Hips, Quiet Mind | Supporting the Immune System 01 | 2014

Anatomy of the Subtle Body 03 | 2015

Anatomy of the Vayus 04 | 2016

Embodying the Elements in Yoga 05 | 2018

Satya 1 2018

Satya 2 2018

Koshas 2015

Asana

Chuck Miller | Samasthiti 04 | 2012, 07 | 2016

Desiree Rumbaugh 08 | 2012, 10 | 2013, 03 | 2016, 03 | 2018

Srivatsa Ramaswami | Asana, Breath, and Philosophy 06 | 2015

Dharma Mittra Asana | 2007 & 2010

T.K.V. Desikachar | Chanting 2003

Sherri & Baron Baptiste Power of Yoga, Maya Tulum 50 Hours | 2000

Sherri Baptiste and Michele Herbert Power of Yoga 20 Hours | La Jolla 1996

Breath

Richard Rosen 03|2014, 11|2014, 02|2015, 08|2018, 06|2019

Swami Veda | Rishikesh, India 10|2008

Rod Stryker | 2008, 2012

Anatomy

Human Cadaver Dissection | Tom Meyers 2018

Jill Miller 01|2012

Jules Mitchell 01|2016, 04|2017, 09|2018

History and Philosophy

Dr. Mark Singleton 08|2012, 11|2012, 06|2014, 05|2015, 08|2018

Dr. James Mallinson 11|2013

Yoga: the Art of Transformation Conference, Sackler Gallery, Smithsonian 11|2013

Sanskrit Studies

Ramana Erickson 10-12|2012, 02|2013, 02-03|2014, 06-07|2018, 01-03|2019

Sanskrit Studies: Dr. Saraswati Mohan, Ph.D | CSE | 2000

Meditation | Awareness

5 Day Personal Retreat | Ram Dass 2019

5 Day Personal Retreat | Ram Dass 2015

3 Day Silent Retreat | Swami Rama Sadhaka Grama | Himalayan Yoga Meditation Societies International, Rishikesh, India 2008

5 Day Green Gulch Retreat | Sherri Baptiste 2017

5 Day Silent Retreat | Eastern Sierras 1983

Heart|Mind Studies

Open Your Heart Five Day Retreats: May & Dec 2015, 2016, 2017, 2018, & 2019

Ram Dass, Robert Thurman, Krishna Das, Joseph Goldstein, Sharon Salzberg, Jack Kornfield, Trudy Goodman, Mirabai Bush, Annie Lamott

Buddhist and Tibetan Studies

His Holiness the Dalai Lama

Serenity and Insight from Je Tsongkhapa's The Great Treatise on the Stages of the Path to Enlightenment 3 Days | Dharamsala, India 10|2012

Chandra Easton Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict Level 1 | 2011
Compassion, Science and Society | Stanford University 10|2010
Amitabha Initiation | San Jose State 10|2010
Nature of Mind, Ethics for Our Time | UC Santa Barbara 04|2009
Heart of Wisdom Sutra 4 Days | Mountain View 4|20-24|01

Tergar Meditation Community of Mingyur Rinpoche

Mingyur Rinpoche | Joy of Living 1 | Palo Alto 2010
Edwin Kelley \ Tim Olmstead
Joy of Living I 06|2011, 08|17
Joy of Living II 09|15
Joy of Living III - Awakening Wisdom 10|2018
Joy of Living I 01|2013, 01|2015
Bringing Emotions onto the Path 01|2014
The Seven Points of Mind 08|2016
Pema Chodron | The Bardo States (online course) 04|2019
Steven Bachelor | Non-Secular Dharma | (online course) 02|2019
Robert Thurman | Science and Non-Duality Conference 10|2018
Lama Ngawang | Mandala Making 01|2013

Writer | Photographer

River of Offerings is an 11x14 hard cover photography and story book (approximately 225 pages) covering twelve stories from a variety of locations along the Ganga, India's sacred river, from Gangotri in northern India to the delta where it opens into the Bay of Bengal. What began as a search to deepen my yoga practice became a love affair with the Ganga - and all bodies of water - that deserve the reciprocal care and attention of those who turn to them for solace, sustenance and redemption. It also became an inquiry into how to live in meaningful ways to the very best of our abilities.

Artist

2012 – 2015: Represented by Marji Gallery| Santa Fe, New Mexico

Large calligraphic paintings and photographs of India, particularly the Ganges River.

Solo Exhibits

06|95 Jungian Institute, San Francisco, CA
03|95 Marin General Hospital, Greenbrae, CA
03|95 John F. Kennedy University, Orinda, CA
08|1993 Mill Valley Book Depot, Mill Valley, CA
02|93 Santa Cruz Art Center, Santa Cruz, CA

02|92 John F. Kennedy University Gallery, Orinda, CA
01|92 Oakland Center for the Visual Arts, Oakland, CA

Photo Illustration in Magazines

1999 Quest Magazine
1995 Calendar of Women Artists - Crossing Press
10|94 Yoga Journal
8|94 Quest Magazine
94 Calendar of Women Artists - Crossing Press
3|94 Yoga Journal
2|94 Quest Magazine
12|93 Creation Spirituality Magazine
10|93 Yoga Journal
8|93 Psychology Today

Online Interviews | Press

Mind Games | Haley and Ronnie Lott 2019
Pete Abaci | Health Revolution Radio 2017
San Jose Mercury 2012
Common Ground 9|12

Additional Teaching and Consulting

Art Instructor, Mendocino Art Center | 1994
William James Prison Arts Program, Solano State | 1994
John F. Kennedy University, Orinda, CA | 1993
Santa Cruz Cultural Council, Santa Cruz, CA 1998 DCI Studios, Multimedia Company

Program Manager, WholeHeart.com, a division of WholePeople.com 12|99 – 3|00
Represented the Florida based WholeHeart.com team in San Francisco. Worked with a designer to develop an innovative design, distinct navigation, and method of presentation for this specialized section of the WholePeople site (subsidiary of Whole Foods). Managed the editorial schedule for the site.

Consultant, DGI Industries, Mumbai, India

Led a one-week workshop to a group composed of 9 animators that produce graphics for commercials for Pillsbury and Pepsi. Led workshop in digital storytelling and creative applications of 2D and 3D software packages used regularly by the company.