

JACKIE SUE POWELL

GLOBAL YOGA



I am a bilingual, certified 500-hour RYT Yoga Instructor based in Santa Cruz, CA. I first encountered yoga twelve years ago while traveling in Central America. Since then, yoga has served as my compass and helps me stay present in a busy world. My goal is to share that with others.

As your teacher, I will guide you beyond your comfort zone and help you fulfill a potential you did not know you had. I will meet you where you are as a beginner or advanced student; opening up new possibilities in your practice and in your life.

Experience

La Madrona Athletic Club – part of California Athletic Clubs	Feb 2017– Present
❖ Bi-weekly morning vinyasa flow classes to club members	
Grey Bears	Feb 2017 – Present
❖ Substitute chair yoga classes for seniors	
Live Oak Adult Day Centers	Dec 2016 – Present
❖ Cupertino and Los Gatos locations	
❖ Chair yoga for adults with limited mobility due and illness such as Parkinson’s Disease and cancer	
St. Mark’s Episcopal Church	Oct 2016 – Present
❖ Community Chair Yoga for older adults, focused on breath and balance	
Watsonville Yoga, Dance, and Healing Arts	Sept 2016 – Present
❖ Yoga for Kids ages 4-10	
❖ Slow Flow and Yang/Yin	
❖ Yin Yoga Workshop	
Flex Fusion Studios	July 2016 – Present
❖ Gentle Yoga	
❖ Intention Setting Workshop and Sandbag Yoga Workshop	
Luma Yoga, Santa Cruz, CA, USA	Aug 2015 – Present
❖ Teach weekly children’s yoga class for ages 6-9	
❖ Family Yoga	
❖ All-levels Vinyasa	
Yoga Heights, Washington, DC, USA	Oct 2014 – June 2015
❖ Taught morning Hot Vinyasa and Beats (Hip Hop) Yoga	
❖ Back to Basics and Family Yoga classes	
❖ Taught weekly meditation and asana classes for youth in half-way homes	
Chad’s Fitness, Washington, DC, USA	Jan – June 2015
❖ Gentle and all-levels vinyasa for luxury apartment buildings	
Private Residences, Washington, DC, USA	Oct 2013 – June 2015
❖ Power Vinyasa for beginner students	

Mary's Center, Washington, DC, USA	Feb 2014 – June 2015
❖ Bilingual English/Spanish Family Yoga to foster community and family bonds	
Ottoman Court, Ramallah, Palestine	Aug 2014
❖ Coordinated with local municipality to teach weekly community yoga classes	
Community Yoga in Retiro Park, Madrid, Spain	May-June 2014
❖ Held five public yoga classes for the Couch Surfing community	
Kantonsschule Wiedikon, Zürich, Switzerland	April 2014
❖ Shared yoga postures and philosophy with two high school English classes	
WASH Advocates, Washington, DC, USA	Oct 2013-Mar 2014
❖ Office Yoga for energy and focus	
The Bike Rack, Washington, DC, USA	2014
❖ Vinyasa classes for DC-area cyclist	

Training

Mark Stephens Advance Yoga Teacher Training	Aug 2015
❖ Completed a 200-hour intensive training focusing on alignment and anatomy	
❖ Currently completing a 100-hour independent study to obtain 500-hour certificate	
ChildLight Yoga Basic May 2015	May 2015
❖ Completed 17-hour Children's Yoga Teacher Training to teach children ages 2-12	
Vipassana Meditation Course, Mont-Soleil, Switzerland	April 2014
❖ Attended and completed 10-day meditation course taught by S.N. Goenka. Learned Anapana and Vipassana meditation as well as philosophy behind the techniques	
Registered Yoga Teacher, Yoga Alliance, Washington, DC, USA	Jan 2014
❖ Completed 200-hour Power Vinyasa Yoga training	
❖ Primary Teacher: Mimi Rieger Guest teachers: David Kyle of Ashtanga Yoga Puerto Rica , Hawah Kasat of One Common Unity & The Poetry of Yoga , and Iyengar trained Kristen Krash	

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