



Jasmine Hollingsworth

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SUMMARY:

I possess over 1000 hours of training and over 20 years of experience in the practice of yoga. I'm an experienced (E-RYT) Registered 500 Hour Yoga Teacher (RYT-500), Registered Children's Yoga Teacher (RCYT), and certified in Advanced Trauma-Informed Yoga. I'm qualified to offer continuing education credits and yoga training (YACEP). Additionally, I'm trained and certified to offer yoga and mindfulness to people with diverse abilities.

I'm also pursuing an associate degree in the field of psychology with plans to transfer to a four-year university to complete my bachelor's degree before pursuing an advanced degree in the fields of clinical therapy and cognitive neuroscience.

My teaching integrates my interpretation of yogic philosophy and asana through the lens of my studies in human biology, anatomy, and psychology. While I bring a deep awareness to proper alignment and muscle engagement, I encourage my students to approach each posture with curiosity and explore poses in a way that is comfortable in their individual bodies.

EXPERIENCE:

Trauma-Informed Yoga Teacher

Rolling Brook Yoga in Catonsville, Maryland

9/2019 - Current

- Teaching trauma-informed yoga classes to adults and children.

Children's Yoga Teacher

Dance Connections Inc. in Ellicott City, Maryland

8/2019 - Current

- Teaching yoga to children and teens.
- Teaching yoga to children and teens with all-abilities / disabilities and neuro-diversity.

Trauma-Informed Yoga Teacher

Wyldflower Art & Yoga in Baltimore, Maryland

5/2016 - Current

- E-RYT (Experienced, Registered Yoga Teacher: over 1,000 hours of teaching experience); RYT-500 (Registered 500-Hour Yoga Teacher: 500+ hours of registered teacher training); RCYT (Registered Children's Yoga Teacher); YACEP (Yoga Alliance Continuing Education Provider); and Certified Advanced Trauma-Informed Yoga Teacher with additional training and certification in Yoga for All Abilities.

EDUCATION:**Associate of Psychology****CCBC; Catonsville, Maryland****2/2019 - Current**

- Attending classes part-time toward associate degree in Psychology with plans to transfer to a 4-year university.

TRAINING & CERTIFICATIONS:**E-RYT, 11/2021**

- Experienced, Registered Yoga Teacher with Yoga Alliance: Over 1000 teaching hours.

YACEP, 11/2021

- Registered as a Continuing Education Provider with Yoga Alliance

Advanced Trauma-informed Yoga, 3/2021

- 110 hours of Advanced Trauma-Informed Yoga and Yoga for Social Justice Training through Collective Resilience under Hala Khouri MA, E-RYT, SEP; Kyra Haglund LCSW, SEP, E-RYT; and RW Alves IAYT.

RYT-500, 9/2020

- Registered 500 Hour Yoga Teacher with Yoga Alliance

300 Hour YTT, 9/2020

- 300 Hours of Advanced Yoga Training through My Vinyasa Practice under Michelle Young C-IAYT Yoga Therapist. This training completed my 500-hour training requirement to register as a 500-hour yoga teacher with Yoga Alliance (RYT500).

RCYT, 7/2020

- 95 hours of Children's Yoga Teacher Training through ChildLight Education Company (formerly ChildLight Yoga) under Megan Morris E-RYT, Ann Biese E-RYT, Rochelle Jewell E-RYT, and Jennifer Mueller E-RYT
- Specific training in Yoga for Children, Yoga for Tweens & Teens, Yoga for Infants & Toddlers, Yoga for Diverse Abilities, and Yoga for Athletes.

RYT 200 Hour Certification, 12/2018

- 200 hours of Vinyasa Yoga Teacher Training through Yoga Works under Camille McCarroll (nee Moses-Allan) E-RYT and Emily Plauche (nee Logan)

YTT 200 Hour Certification, 1/2018

- 200 hours of Hatha Yoga Teacher Training through Aura Wellness under Paul Jerard E-RYT, PhD

Certified First Aid, CPR, and AED; Renewed on 7/2020