

JEN MANEESHA WARAKOMSKI

E500 RYT & RMT

CONTACT

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TEACHING STYLE

I embrace a personal and individualized approach to teaching yoga, which is inspired by my own practice and experience.

The framework of my teaching philosophy is that yoga is designed for everyone - regardless of age, body type, or ability. Classes are designed with focus on breath and alignment while creative sequencing and intensity is safely crafted to suit each student's experience and energy level.

As an experienced studio owner and co-director, I am fluent with all levels of management and staff, with extensive customer service, marketing, online/print advertising and teaching experience.

My teaching style offers alignment specific Hatha/Vinyasa/Iyengar techniques, and I specialize in Yin, Restorative and PreNatal Yoga along with Reiki Healing.

I have been featured in Yoga Journal Italia, Om Yoga Magazine, Mantra Magazine, Origin Magazine, and I contribute articles to Yoganonymous & Elephant Journal. My home is in Tuscany, Italy where I offer Yoga, Ayurveda and Reiki Healing education. I travel internationally to lead retreats & trainings.

Prior to working full time in the Health & Wellness Industry, I was a Fashion Design Executive in New York City for 14 years.

EDUCATION

- Kailash Yoga School, 500 RYT, Dharamsala, India, 2012
- Dharamsala, India Reiki Master Certification: Yogi Sivasdas, 2012
- The Breathing Project Anatomy Practice Course NYC, NY: Leslie Kaminoff, 2011-2012
- Exhale Center for Sacred Movement Freedom Style Yoga Certification Venice, CA: Erich Schiffmann, 2011
- Yogaworks Restorative Yoga Certification NYC, NY: Jillian Pransky, 2009
- Yogaworks PreNatal Yoga Certification NYC, NY: Carrie Parker-Gasteau, 2009
- Devotion Yoga Bright Spirit 200 RYT Hoboken, NJ: Jillian Pransky, Carrie Parker-Gasteau, Liza Bertini, 2008
- Rutgers University, Mason Gross School of the Arts BFA - Concentration : Graphic Design 1998

EXPERIENCE

Tuscan Wellness | Yoga, Reiki & Ayurveda

November 2010 - Present

NYC, NY • Florence, Italy • Lucca, Italy

Yoga Teacher / Trainer, Presenter, Reiki Master Teacher & Trainer, Ayurvedic Consultant, doTERRA Consultant

- Launch & lead International retreats in Costa Rica, New York City, USA, Italy, Spain & Sweden.
- Offer workshops, classes & YA 200/300*, Restorative, and Prenatal Yoga teacher trainings in USA, China, Italy, Spain, & Sweden.
- Lead Reiki Trainings & Initiations in USA, Italy, Spain & Sweden.
- Provide individual private instruction in student residences and office environments.
- Consult individuals and offer online coaching / instruction for total wellness using Yoga, Meditation, Ayurvedic principles.

YiYuan International School of Yoga

November 2016 - Present

Beijing, China

Head of Faculty and Lead Teacher Trainer

- Established, teach and manage 200 and 300 hour Yoga Teacher Training programs.
- Oversee program functions: terms, budgets, locations.
- Liaison with Yoga Alliance to assure that issued standards and codes of ethics and conduct are met with each training.

goodyoga

November 2012 - May 2013

Brooklyn, New York City, USA

Yoga Teacher & Teacher Trainer

- Offered instruction & teacher training in Vinyasa, Hatha and Restorative Yoga.
- Managed & Directed Operations of 3 Brooklyn locations owned by goodyoga, inc.

yoga~yoga nyc

September 2008 - November 2010

Manhattan, New York City, USA

Studio Director, Studio Owner & Yoga Teacher / Trainer

- Taught group classes: Hatha, Vinyasa, Yin, PreNatal and Restorative Yoga.
- Recruited, hired and managed yoga instructors, studio support staff and workshop presenters.
- Handled and resolved client's issues in accordance to common business practices.
- Trained teachers and offered the following yoga styles at Yoga-Yoga: Hatha, Vinyasa, Yin, Ashtanga, PreNatal.
- Formed marketing partnerships with Lululemon and other local small businesses in the neighborhood.
- Managed all accounting, budgets, social media marketing and advertising.
- Offered special programs with guest lecturers & teachers.