

JESS BRIEN

YIN, YIN/YANG & VINYASA TEACHER
200HRS Yoga Alliance Qualified

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TRAINING

2020 – The Science of Wellbeing, *Yale University*, tutor *Laurie Santos*

2015 - 200 HR Training with Hot Yoga Wellington *teachers Christa Stebbing & Maria Gorham*

2015 – Yin Yoga & Anatomy Workshop *teachers Markus Henning Giess & Karin Michelle Sang*

2014 - Bachelor of Performing Arts (Musical Theatre)

EXPERIENCE

NASDA, Ara Institute of Canterbury, Christchurch, NZ **2021**
Yoga, Meditation, Mindfulness and Movement warm up classes

NEW ZEALAND FRINGE FESTIVAL, Wellington, NZ **2021**
Yoga and Meditation classes for performers and staff

TRIPLE THREAT ACADEMY, Christchurch, NZ **2020**
Yoga & Pranayama for performers ages 7 - 18

ADELAIDE FRINGE FESTIVAL, Australia **2020**
Yoga and Meditation classes for performers and staff

THE KINDNESS INSTITUTE, Auckland, NZ **2017**
Yoga, Meditation and Kids Yoga Classes

THE BASEMENT THEATRE, Auckland, NZ **2017**
Yoga and Meditation for actors during *Wellness Week*

HOT YOGA WELLINGTON **2015 - 2017**
Heated Yin and Yin/Yang classes, all levels

4INSPIREDMOVEMENT, Petone**2016**

Yin, Yin/Yang and Hatha Flow classes

NASDA, Christchurch**2016**

Vinyasa class for actors

BERHAMPORE COMMUNITY CENTRE, Wellington**2016**

Gentle Vinyasa & Yin/Yang

NEWTOWN COMMUNITY CENTRE, Wellington**2016**Gentle Vinyasa style, mixed levels class, *supported by Compass Health***THE NEW ZEALAND FRINGE FESTIVAL, Wellington****2016**

Vinyasa class for performers of all levels

*Also Lululemon Sweat Sunday classes, regular cover classes around New Zealand & privates***TESTIMONIALS** – *more at jessbrien.com/yoga*

“As a dance teacher I find Jess’ classes to be ideal in catering to the needs of dancers. Her classes teach you to have full body awareness and develop understanding of the interaction between different muscle groups in the body. She instructs in a manner that allows students to understand the need for strength and flexibility. Jess’ former training and experience in Performing Arts and Dance clearly comes through in the structure of her classes and she is able to create lessons which strategically target specific muscle groups for intense stretch and conditioning.”

– **Ilia Lindsay, Choreographer & Dance Tutor**

“Guiding smaller groups can sometimes be intimidating and challenging, Jess took this in her stride, providing beautifully crafted sequences that allowed her to reach all her students and open doorways for them to move past their physical practice and beyond the body. Which is what my studio asks of its teachers. She is professional, reliable and has a passion for life. Her energy and tenacious spirit is what captured me and our students.”

– **Andrea Broad, 4InspiredMovement studio owner**

“I love Jess’ yin classes. After a stressful day at work I can come and be guided into letting go of any stress and tension I’m holding. Her sequencing always makes me feel like I’ve been able to truly get into a place of calm and release.” – **Shirley McLeod, Yoga With Me**

“I have known Jessica Brien for over two years as one of my regular yoga instructors. Jess' vibrant personality and friendly nature means she is highly regarded and well liked by all of us in the local yoga community. Her yoga teaching abilities are of a very high standard and she teaches each class in a thoroughly professional manner. Jess is sensitive to each classes’ needs and identifies practitioners easily who may need assistance. I have always enjoyed Jess' yoga classes and my own yoga practice has continued to grow under Jess' tuition. I always look forward to her classes. I have no hesitation at all in recommending Jess for any employment in the future.”

– **Mark Haldane, Student at HYW**

REFEREES**MARIA GORHAM**

Owner Hot Yoga Wellington
maria@hotyogawellington.co.nz

ANDREA BROAD

Owner 4InspiredMovement
4inspiredmovement@gmail.com