



JEANNA LURIE

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OBJECTIVE |

To support parents to create physical/emotional self-awareness and stability in the childbearing year and beyond.

To train and mentor new pre & postnatal yoga instructors with an emphasis on individuals' development of competencies to meet the needs of diverse communities.

EXPERIENCE |

PRE/POSTNATAL YOGA TEACHER

MARCH 2020 -- PRESENT

Facilitated small, personalized group livestream and in-person pre/postnatal yoga classes

MEMBER CONSULTANT, CARROT FERTILITY, INC

MAY 2020 -- PRESENT

Hosted "expert chats," produced blog posts and video content, taught group livestream pre/postnatal yoga classes via Zoom

PELVIC FLOOR YOGA™ TEACHER

DECEMBER 2018 -- PRESENT

Facilitated small, personalized group livestream and in-person Pelvic Floor Yoga™ classes

CO-FOUNDER & TEACHER, LOTUS BLOSSOM YOGA

SEPTEMBER 2016 -- PRESENT

Created 100+ hour pre & postnatal yoga teacher training and mentoring program, offered annually, in person and online. Offered group pre/postnatal yoga classes in a studio setting 2019-2020.

PRE & POSTNATAL YOGA TEACHER TRAINER, YOGA SOURCE PALO ALTO

OCTOBER 2022

Wrote and implemented prenatal yoga module for 200-hour Teacher Training.

PELVIC FLOOR YOGA™ TEACHER, LILA STUDY (Lessening Incontinence through Low-impact Activity), UCSF

SEPTEMBER 2021 -- DECEMBER 2021; SEPTEMBER 2019 -- DECEMBER 2019

Conducted Pelvic Floor Yoga™ classes twice weekly to stable cohorts of women to test reduction of urinary incontinence with regular practice of 15 specific poses.

PRE & POSTNATAL YOGA TEACHER, YOGA @ CINDY'S

FEBRUARY 2010 -- AUGUST 2020

Implemented prenatal yoga program serving hundreds of expectant people annually, with emphasis on facilitating community, providing comfort measures for pregnancy, and labor coping tools. Offered couples' prenatal yoga and parent & baby yoga classes. Wrote and implemented prenatal yoga module for 200-hour Teacher Training.

PRE & POSTNATAL YOGA TEACHER, BLOSSOM BIRTH SERVICES

MARCH 2005 -- MARCH 2019

Offered pre & postnatal classes and workshops similar to those offered at Yoga @ Cindy's.

PROGRAM MANAGER, BLOSSOM BIRTH SERVICES

JUNE 2007 -- JULY 2018

Oversaw entire pre & postnatal education and yoga program, quality control, hired instructors and maintained optimal work environment. During my time at Blossom, the yoga program grew from five to 20 yoga classes per week, and the number of participating families quadrupled.

PRENATAL YOGA TEACHER, YOGA IS YOUTHFULNESS

MARCH 2006 -- MAY 2010

PRENATAL YOGA TEACHER, HARMONY BIRTH AND FAMILY

SEPTEMBER 2004 -- MARCH 2007

BIRTH DOULA

FEBRUARY 2003 -- JANUARY 2017

EDUCATION |

BLOSSOMING BELLIES BIRTH PELVIC BIOMECHANICS WORKSHOPS, SAN JOSE, CA
CREATING SPACE: PELVIC DYNAMICS AND FETAL POSITIONING FOR AN EFFICIENT BIRTH and PELVIC SHAPE, FETAL POSITIONING, AND OBSTETRICAL BIAS: THE ROLE OF PELVIC CLASSIFICATION AND OPTIMAL FETAL POSITIONING IN THE PERPETUATION OF BIAS IN CHILDBIRTH, with BRITTANY SHARPE MCCOLLUM, 2022

CORNERSTONE BIRTHWORK TRAINING, ONLINE
CAPSTONE ADVANCED FULL SPECTRUM DOULA TRAINING, 2021

INTEGRAL ANATOMY LAB WITH GIL HEDLEY, SAN FRANCISCO, CA
6-DAY FIXED TISSUES LAB, 2019

LESLIE HOWARD PELVIC FLOOR YOGA TEACHER TRAINING, PALO ALTO, CA
CERTIFICATION, 2018

SAMYAMA DHARMA PATH TEACHER TRAINING, PALO ALTO, CA
300-HR CERTIFICATION, 2018

LESLIE HOWARD PELVIC FLOOR YOGA TEACHER TRAINING, PORTLAND, OR
WORKSHOP, 2013

NINE MOONS PRENATAL YOGA TEACHER TRAINING, LOS GATOS, CA
PRENATAL YOGA CERTIFICATION, 2012

EXPANDING LIGHT MEDITATION CENTER, NEVADA CITY, CA
PRENATAL YOGA CERTIFICATION, 2007

SANTA BARBARA YOGA CENTER PRENATAL YOGA TEACHER TRAINING, SANTA BARBARA, CA
PRENATAL YOGA CERTIFICATION, 2007

AVALON YOGA TEACHER TRAINING, PALO ALTO, CA
200-HR CERTIFICATION, 2006

FARM MIDWIFERY LEVEL I, SUMMERTOWN, TN
LEVEL I CERTIFICATION, 2004

WHOLE BIRTH YOGA TEACHER TRAINING, SANTA CRUZ, CA
PRENATAL YOGA CERTIFICATION & POSTNATAL CERTIFICATION, 2004

ASSOCIATION OF LABOR ASSISTANTS AND CHILDBIRTH EDUCATORS (ALACE), SAN JOSE, CA
DOULA CERTIFICATION and CHILDBIRTH EDUCATOR CERTIFICATION, 2003

SAN FRANCISCO STATE UNIVERSITY, SAN FRANCISCO, CA
BACHELOR OF ARTS, RADIO & TELEVISION, 1999

COMMUNITY |

ANNUAL TAMPON/UNDERWEAR/SOCK DRIVE FOR THE UNHOUSED, BENEFITTING BILL WILSON CENTER, SAN JOSE
EVENT FOUNDER/ORGANIZER, 2016 -- PRESENT

WILLOW GLEN HOLIDAY TREES
WEBMASTER & EVENT ORGANIZATION COMMITTEE MEMBER, 2021 -- PRESENT

FOUNDING BOARD MEMBER, WILLOW GLEN GARDENING CLUB
TREASURER, 2021 -- PRESENT

PELVIC HEALTH PROFESSIONALS
MEMBER, 2021 -- PRESENT

EVIDENCE BASED BIRTH
PROFESSIONAL MEMBER, 2020 -- PRESENT

FARM NATIONALS, SUNNYVALE NATIONAL LITTLE LEAGUE
TEAM ADMIN, 2017 SPRING SEASON

T-BALL ROYALS, SUNNYVALE NATIONAL LITTLE LEAGUE
TEAM ADMIN, 2016 SPRING SEASON

FOUNDING BOARD MEMBER, BAY AREA BIRTH INFORMATION (BABI)
SERVED AS PRESIDENT FROM 2007 -- 2008, SERVED AS VICE PRESIDENT, 2004 -- 2006

CO-FOUNDER, ALLIANCE FOR SAFE CHILDBIRTH (ASC)
PROMOTED THE *MOTHER FRIENDLY CHILDBIRTH INITIATIVE*, 2004 -- 2005

LA LECHE LEAGUE LEADER, SAN FRANCISCO CHAPTER
SUPPORTED BREASTFEEDING MOTHERS THROUGH MONTHLY MEETINGS AND BY PHONE, 2002 -- 2006