

Jennifer Masis Duran

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Professional Profile

Internationally certified Hatha Yoga teacher through Yoga Alliance (2020). Specialist in somatic awareness, nervous system regulation and trauma informed yoga. Bilingual professional with more than 20 years of experience studying human behavior and organizational psychology. Currently a practitioner and student of Bhakti Yoga with teachers from the Vaishnava lineage in India, integrating spirituality, body awareness and behavioral science to support holistic wellbeing.

Experience

Hatha Yoga and Somatic Regulation Teacher | 2020 - Present

Private and group classes including Hatha Yoga, pranayama and meditation delivered both in person and online. Sessions focus on nervous system regulation, emotional balance and holistic wellbeing.

Education and Certifications

International Hatha Yoga Certification - Yoga Alliance (2020)

Trauma Informed Yoga Training

Technical Degree in Assisted Therapies

Studies in Organizational Psychology

Talks and Workshops

Speaker and facilitator on conscious nutrition and nervous system regulation in national and international educational spaces.

Volunteer Work

Hospital volunteer working with a therapy dog providing emotional support to patients.

Areas of Expertise

Somatic awareness | Nervous system regulation | Hatha Yoga | Pranayama | Meditation | Trauma informed yoga | Emotional wellbeing